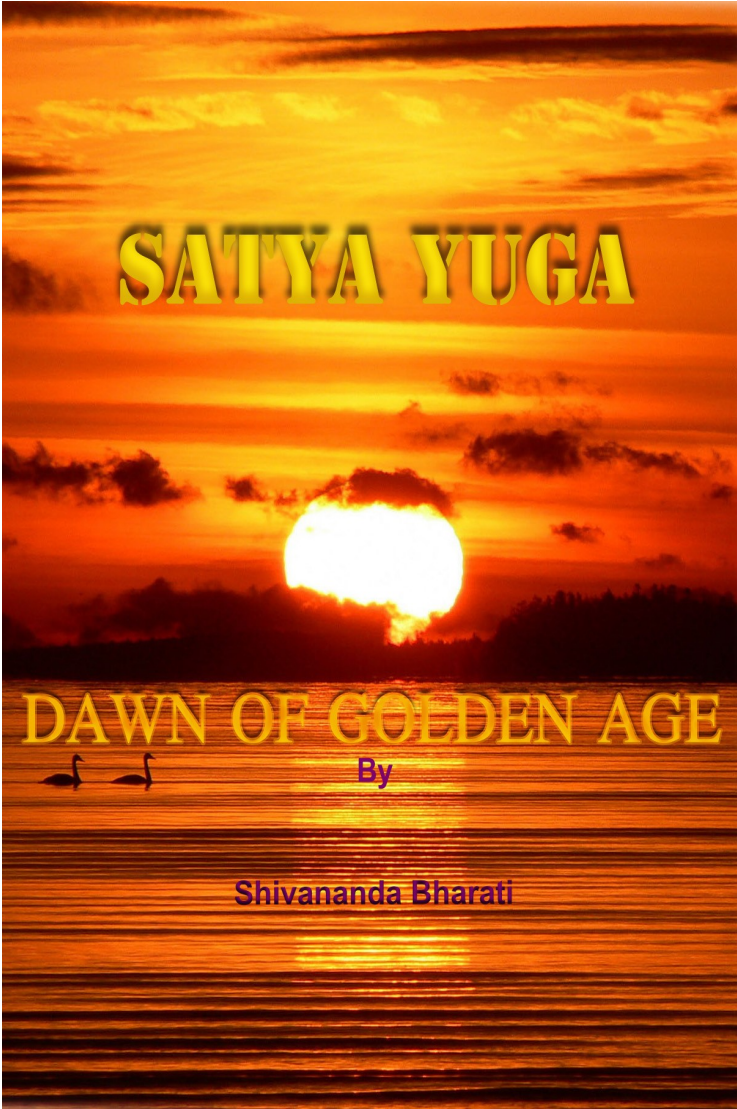




SATYA YUGA

DAWN OF GOLDEN AGE



By

Shivananda Bharati

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DAWN OF GOLDEN AGE

By

SHIVANANDA BHARATI

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Written by

Atul Kulkarni

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I dedicate this work to my Guru, **Sri Ambarish Varma**, fondly addressed as ‘**Amara**’ by **Vishwa Mitra Maharshi**. I used to fondly address him as **Varmaji**. Thus I am having this book revealed to this world in the sacred hand of my Amma, **Sushila A Varma**, my Guru Patni.

**Guru Brahma Guru Vishunushu Guru Devo
Maheshwara Guru Shakshtath Para Brahma**

Tasmai Shree Gurave Namaha

Mantra Moolam, Gurur Vakyam

Dhyana Moolam, Gurur Paadam

Moksha Moolam, Gurur Krupa

Guru Sakshath ParaBrahma



Sri AMBARISH VARMA



SHREE KRISHNUM VANDE JAGADGURU

Mahavatar Babaji

As appeared to Shivananda Bharati in 2004



**I will manifest to every true seeker and guide him to
immortality**

Preface

This book is released now, simply because it is the need of the hour. This information has come through me now, since the Rishis reveal things which are the need of the hour. Khalil Gibran was a worker of the Rishis under Vashista Maharishi. He revealed such information to the world when it was not the right time. His message was very simple and direct and today is the right time to accept that and follow. Therefore, no worker of Rishis can do anything without the permission of the Rishis. Initiated in 1974, I have waited for 37 years and only now I have been permitted to reveal this, since they are the Masters of the universe. Rishis have seen several cycles of Chatur Yugas and they know what should be done when and where. Events in Chatur Yugas may not be the same, but they may be similar in some sense. A tree has lakhs of leaves and they might look the same, but they are definitely different. GOD doesn't make anything duplicate in this manifested world and everything is original.

Abstract

This book is brought out by the will of ‘AMARA’ known to the world as ‘AMBARISHA VARMA’, directed by SAPTA RISHIS, guided by VISHWA MITRA MAHARISHI and AGASTYA MAHARISHI, to inform the people of the world about the changes that are happening and how one may address all the problems of the world to a positive, meaningful conclusion. The Pralaya Kala has begun, Pralaya means ‘Prakruti Laya’, which means ‘a great chance for the better’, from the present condition to a heavenly condition. This requires every individual’s participation. This book speaks of solutions of all the problems which the world is facing.

“SARVE JANA SUKHINO BHAVANTU”

Noble Family

I must mention about this noble family. I lived with them for 8 years and I am in touch with everyone in this noble family even now. There are several members in the family and about each of them, I can write a book of more than 1000 pages. Such is their noble character, such is their spiritual strength. I have not written it, since I don't have the permission, but I will introduce them in this book so that the world knows that such nobility also do exist on this planet Earth. I will introduce each one of them

Amara or Shri Ambarisha Varma, whom I used to fondly address as 'Varmaji' and henceforth called Amara. He descended on the earth on Feb 1st 1919 and gave up his physical body on August 25 in the year 1982. I was initiated into the Sapta Rishi Marga on 25th August, 1974. From that day, till the day He left his body, the number of days that I haven't met him may be around a 100. This was so because after seeing him, I

couldn't do anything else other than to be with him. The first words that he addressed to me were that "This is not the first time we are meeting, I suppose you know" I said "Yes, I know this, but I don't know how". An hour before He left his body, I was with him and he told me "If nothing happens in 'Manovati'- His ashram, then don't worry, I will again come back in 2042 and I will reborn again in same 'Shravana Nakshatra' and Sun will be in exalted state and we will meet & continue our work". At that time, it didn't occur to me that, he is leaving his body. I took his blessings and went to meet Mr Sampath Director of NDRI and he left his body around 2.45 pm and I came back to his house around 3.30 pm. When I enquired in home, they said that "he left his body", I just simply collapsed and for me the whole world vanished. Just like, if you are standing on earth and if the earth vanishes! I felt the same. Next day when the body was kept outside, we had to do pradakshina, I heard "Pick up the staff, Pick up the staff, Pick up the staff" I didn't know the meaning then. Later I understood that I had to carry forward his work. As per

his wish, his body was taken to our ashram ‘Manovati’ with the help of his son-in-law Mr Ramachandra as he declared that “he belongs to his disciples”. A Guru is one who instils his consciousness in his disciples so he is always aware of every situation the disciple is going through and interjects whenever necessary and makes corrections and this he does very silently like sun dispels darkness. The only way a disciple can disconnect this connection is by seeking another guru in his presence. One should not circulate his Guru like a visiting card. Guru should tell that, he is my disciple and not other way around. Everyone knows Shri Abdul Kalam, Ex-President of India, but if Shri Abdul Kalam knows you, then it makes sense.

When I entered “Nirvikalpa Samadhi” in 1976, Amara’s wife was called for the first time in the Pooja room. He has never called anybody during initiation. My first initiation in 1974 happened through Vishwa Mitra Maharishi and “Nirvikalpa Samadhi”- thoughtless State, also happened through Him. He said that “Your working for the Rishis will be like ‘007’” which means, your

mind is zero, your intellect is zero and only then you are fit to work for Sacred Seven and they will subject you to lot of tests before they take you into their fold. This book is not intended to describe Amara and a book will be written only when it has to be revealed and that book will be given free to all.

Sushila A Varma, My Guru Patni. I have always addressed her as ‘Amma’. She descended on the earth on the 31st of May 1930. She is truly a mother of the world, Loka Janani, Triloka Janani, Vishwa Janani. The number of people who are fed in their house is not known as ‘n’ numbers of people seek her. Prasada means full meal in their home. She is highly spiritual and manages the entire domestic activities.

Mrs Madhuvasudeva, Sister of my Guru Patni. She descended on the 4th of Dec 1944, exactly 14 years after Mrs Varmaji and she was brought up by Guru Patni as her own daughter, as she had a part to play in the work of the Rishis along with Mrs Sushila Amma. She is the

one who resonates ‘Amara’ in spirituality. She is a very good artist, very noble, and very loving.

Swami Sachidananda- He descended on the earth on the 30th of July 1929. He is the son of late Judge Ananth Murthy, who gave Swami Sachidananda as ‘dana’ to ‘Sri Tapasviji Maharaj’, who was very famous in the beginning of last century as he had given ‘Kayakalpa treatment’ to ‘Sri Madan Mohan Malvia’ which hit the International news. He is a great personality. He is another feather in the cap of this noble family. Mrs Sushila Amma’s Mother was devoted to ‘Sri Tapasviji Maharaj’. Thus ‘Sri Swami Sachidananda’ chose to be in Amara’s home, so it seemed, but it was the design of the Rishis. He is a ‘Brahmana’ engaged in politics and thus doing the work like ‘Lord Parshurama’, absolutely clean, a rarity in the politics of our nation. He is a pure soul and a sanyasi. His hands are crystal clear that he can openly talk to any politician directly. Even when Sri Devaraj Urs was the CM and he was Political Secretary, he didn’t use his power to even get a road laid down near his Ashram.

Mrs Maitreyi, daughter of Amara. She descended on the earth on 7th of May 1955. She is true replica of Amara. She has got all the capabilities of Amara. She maintains silence, secrecy in all her works. She takes responsibilities and completes it without anybody's knowledge. Just like a director in the movie, who directs everyone to act in the movie, but no one can see him onscreen; his name is displayed once, at the beginning of movie.

Mr Ramachandra, Son-in-law of Amara. He descended on the earth on 19th of Aug 1945. He is truly a son and shouldered all the responsibilities of managing the estates which were entangled in perennial legal battles. He is clean and pure at heart. He always wears clean white dress. He is very composed, poised, and talks very few words and a man of action. ***Actions speak louder than words.*** He has all the characteristics of Lord Anjaneya, as he faces all situations silently.

Mr Kapil, Grand Son of Sri Amara. He descended on the earth on 1st of Sep 1985. He has got the serenity of

Kapila Maharishi. He resembles Sri Amara. When he talks, one will realise that he talks like Amara. It is said that genetics is progressive, if Amara's daughter is 50% of Amara, then grandson is 100% Amara. He participates in the functioning of an International School, The Freedom International (FIS) in HSR layout, Bangalore. He is a technical advisor. The Freedom International School supported strongly by the trustees of Veera Soudha Trust and is run by a lovely team as they share all the responsibilities. The FIS functions as a family on a platform having bond of Love, Trust & friendship. He has clear cut rules for issuing the application for children in this school, saying that within this date one can apply for admission using a drop down box and students at nursery level are chosen on 'First Come First Serve' basis. Therefore, people don't have to sleep on the footpath to pick up application, which is the case in many schools. If parents can teach children, why would they need schools? A fee, in this International School is very nominal. Thus, he is a gem of a character, always working silently.

This noble family owned several thousand acres of land as Amara was the Desai of Koujalgi Dynasty. The Government owes several thousand crores of rupees to this noble family. All the buildings owned by them are given to run schools. This family is not bothered about money and none of them is working for personal gain. The main purpose to describe this noble family is to show to the world that such families also do exist on earth and this is not just a fairytale. This is how families in SATYA YUGA should be. There should be no conditions for relationship, be free living. I have lived with every one of them as I was treated as part of family and never ever I have seen anyone buying anything for themselves. Every day they start the day as they pick up their car and go to provide something for somebody, just as river flows to inundate the crops, just for the love of doing, and seeking nothing in return.

I can write a book of more than 1000 pages on each one of these persons. Such is the strength of their noble character.

As Lord Jesus Christ, declared in the book of revelation about the things to come. His one of the statements was that, “I shall come like a thief”, which means He will come silently like the rising of the Sun to dispel all the darkness. He also said “The kingdom of GOD will be established on Earth as it is in Heaven”.

The ‘Kala Chakra’ will take its own course and there will be geographical changes that will happen beginning 2012. But one need not worry if one is in tune with ones’ SELF. Currently, the humanity collectively is not thinking right and thus the collective consciousness is not right. Therefore, natural calamities arise as a reflection of collective human consciousness. We are responsible for so called ‘natural calamities’ which are all man-made. The five elements of nature react to collective consciousness, expressed through their five senses, in that geographical location.

This book is not written to make money. Knowledge doesn’t belong to one particular person, but everyone belongs to knowledge.

My first meeting with Shri Amara

I was playing cards with my friends and one of my friends told about the person, Sri Amara, in my friend's room in Ulsoor, where I used to live in Purushotaman road, in my sister's house and he was talking about Lord KALKI. Then I asked my friend to take me to Amara. Next day, I came home at around 4 pm after my work and went to a general store named 'Shanti stores' in Car Street, Ulsoor, which was owned by my friend, Mr Ashok Somiah, which was our meeting point. Then, when I enquired about my other friends, owner of the shop, who was my friend, said that they were at bus-stand moving towards Jayanagar, 5th Block, Bangalore, India to meet Sri Amara. Then I parked my bicycle at my medical shop, named 'Krishna Enterprises', in 'Lakshmi market', opposite to Ulsoor bus-stand and immediately rushed to the bus-stand and went to Jayanagar, Bangalore. Then I first met Amara, on 22nd Aug 1974, in his abode named 'Matru Shree'. The first words he addressed to me were, "This is not the first time we are

meeting, I suppose you know” I said “*Yes, I know this, I am attracted towards you but I don’t know how*”. Then I said “*I want to be initiated into Sapta Rishis Marga of meditation*”. He said “*Please come on 25th August, 1974*”. Then morning at 10 o’clock on 25th August 1974, I went to Sri Amara’s home and he called me into his pooja room. Vishwa Mitra Maharishi initiated me and from that day onwards there is no looking back, rather only a vertical take-off. Previous day I dreamt that several lotus buds emerging from a huge lake and blooming and I narrated this experience to Sri Amara about my experience and he replied saying that “*Your spiritual life has begun*”.

Hamsa International

This name is given by the Rishis since “Hamsa” or Swan can separate milk from water. It means, in the world, everything is there. Pick up what is right for you and discharge your duties. Second, Hamsa has got some ideals and principles and will not compromise on its ideals and principles. Third, how do you think the world can change? The world has entered ‘Satya Yuga’ or ‘New Age’. In India, around 65%-70% of the total population is engaged in agriculture and is necessary that they have to be respected and treated as noble professionals. The main agenda of “Hamsa International” is up bringing the agriculture sector and agro-based industries so that this large section of society is provided with whatever they deserve. People who make money don’t work and people who work don’t earn fair money for their hard work. Empower each villager to show that how best they can use their own resources and we facilitate this. A farmer grows, say 100 bags of food items, but his family can consume only few

bags of this and the rest is for other families who are not engaged in agriculture. Is the farmer not doing a social service? With 4 hours of proper management of work, a farmer can earn more than Software or IT engineer.

Second agenda, is 'education'. What is learnt in schools and colleges, very little of it is used in daily life or used any profession. Thus, education fills the minds of children with empty spaces and they themselves don't know their strength. Education should be value based and not price based. Whatever each person is good at, has to be recognised and nurtured as each person is useful and thus make each one of them useful for what they are good at. Everyone needs some skills to do something, therefore one needs skill based learning, fun-oriented learning.

Few other objectives are

- To empower every human being with his inbuilt potential as nobody is useless and we need to use them for what they are useful.

- To work for the welfare of Agricultural workers, Farmers, Unorganized Labours, Industrial Labours and Migrated Labours.
- To develop and mobilize Community and Natural Resources to give the right direction to people of society for their sustainable overall development.
- Encouraging all Industries based on Agriculture, to promote cottage industries, *Khadi*, and other traditional industries.
- To work on projects related to provision of drinking water, sanitation, solid waste management, liquid waste management, lake rejuvenation, housing & livelihood, rural industrialization, sustainable transportation, renewable power sector, energy sector, climate change, sustainable development, infrastructure sector, environment and technologies related to these sectors
- To develop and build the whole personality, - soul (Ananda Maya Kosha), intellect, mind and body thereby enhancing human potential to be used to full

extent to manifest the chosen agenda delivered by GOD to each individual from within. Especially Youth - the torch bearers of the super power “Bharata” (India) and making them productive citizens of our nation.

- Bring in the use of herbal medicines for strengthening the immunity and to promote and protect natural herbs and plants by cultivation, preservation, storage, processing, and demonstration, creating botanical garden and providing necessary training.
- To build eco friendly health generating homes so as to bring people close to nature.
- To build integrated townships as per the Government guidelines which are completely SELF-sufficient and independent of Government
- To establish 108 energy centres all over the earth. Between 2 centres there should be a minimum distance of 1000 km. This will be a place where

people will meet and spend time in meditation. These places will be salubrious, in tune with nature, with birds, animal and people vibrating and radiating Bliss.

Cashless city concept

The final goal of “Hamsa International” is “Cashless City”, a SELF sufficient Habitat. “Hamsa International” is a small boat to reach this big ship. Here everything will be generated within the city, nothing/Nobody will go out of this city, but everyone can come here. Everyone will have everything and there will no concept of ownership, as everything in nature is given free. People can come into this habitat, learn things and go and implement it all across the world as per their requirements. More details are given later in the book.

Acknowledgments

I wish to thank my spiritual guides, my friends and co-spiritual aspirants. I would like to mention the names of few of my spiritual guides and all of them came to guide me at every crossroad. It was as though my guru Amara was speaking through all of them.

Firstly, I would like to speak about **Sri Sri Vijayeshwari Devi**, I had interacted with her on the way to Kailash in July, 1993. When I came back to Bangalore I met her physical personality and she recognised and confirmed the experience that I had on the way to Kailas. The very first words that she spoke to me were “Anand, this is your last birth”. I replied, “I know, I saw you on the way to Kailash, with same face, but you were 16 years of age.” She then asked me to reveal my experiences to the people. Though I have met her only few times, she talks about me as a worker of Rishi in her circle of devotees in USA and other countries. She is an ‘amsha’ of ‘Para Shakti’, born on Vijay Dashami day, a great tapasvini

and full of compassion for all humanity. She is rightly called as ‘Karunamayi’.

Second, PP Janardhan Swami. He is a born Yogi, working for the upliftment of spiritual seekers directed by Swami Samarth of Akkalkot. I met him first in Dec 1993, in my friend Shri Athavale’s place. His first words to me were “Your guru has locked up the powers which have occurred to you by your meditation and I can release them to you”. This statement was thrilling to me since only my guru Amara and I know this. My experience with him is in another book written in his honour by his disciples. To describe him in a sentence “Simple, pure, humble, enlightened, always clean, he projects anger now and then to bring about seriousness among disciples, devotees to take up spiritual path seriously and not as pass time”.

Third, Nagaraj. This gentleman is bestowed with a special facility to read the palm leaf, known by the name of “Devi Sri Nadi”, through which the divine mother guides people in their journey towards the SELF, helping

them get over their mundane problems too. The first reading came; she said “I am guiding you because your guru wants me to do so. She fondly addresses Amara as “Shattai Potta Mannan” meaning, a king wearing a shirt.

Fourth, Dr Nithyananda. Here is a person who was practicing sport medicine in Government service in Tamil Nadu, India. He was practicing Siddha Yoga and was in touch with many Siddhas and he was working very silently. A chosen few were initiated into ‘Vasi Yoga’ in the form of initiation. He could train people to become medium to be connected with higher consciousness of divine elevated beings to answer the questions of his disciples. The messages that were received, thus has been brought out in several books, forms under the wing of the spiritual organisation “Anand Jyoti” in Koradu Mali in Mulabagilu district, Karnataka, India.

Fifth, Swami Ramkrupalu. He has an ashram on the banks of Ganges in Hrishikesh. A simple Soul, very humble, very powerful, simple words make great things

happen. He would say “All is Rama’s grace”. I need to mention one statement of his. He was brought to my rented house in Ulsoor and he suddenly asked, “How many years have you been in this house?” I said, “14 years”. He turned to his disciple Shri Sunil Shelar, An architect. “Sunil, Is ka Chouda Sal Ka Vanavas Hogaya, Tum drawing bana, Iska Ghaar Ho Jana Chayiye” Within a years’ time, my house was built. Such is the strength of the words of this pure soul.

Sixth, Bhakta Raj Maharaj of Indore. A great devotee of GOD. His only mission statement was “Bhojan aur Bhajan” he could sing ‘Bhajans’ for hours together, non-stop. He spread the Bhakti cult and the miracles he performed during his life, were very causal. To mention one of them; He fed the Peda, a sweet, to Lord Pahduranga in the temple in Pahdarapur. The Vighraha or idol opened its mouth and consumed the Peda. A devotee who witnessed this miracle was cured of a debilitating ailment in his hand.

Seventh, Parvati Kumar, President, World Teachers Trust. He was a very successful chartered accountant. The height which he has reached in his education has not been surpassed in his college till date. He is a very humble, simple, dedicated person, carrying forward the work of guiding spiritual aspirants into spiritual path, started by Master CVV, of Kumbakonam, who had guided even Madam Blavatsky of Theosophical society. Later on, the work was carried forward by Master EK, in Vizag, which is presently being done by Parvati Kumar. I need to mention about him, because through his holy hands, I got the icon of Lord Krishna(given in page VI), which is enshrined in my pooja room. To describe him, he is a very humble, simple and truthful person. He has authored many books.

Eight, Shivanda Murty of Vizag. He is a spiritual master from the clan of Veerashaiva. He is committed to respecting the traditional values of ‘Sanatana Dharma’ and guides his followers to follow their dharma religiously and he has provided homes for people to pursue their spiritual sadhana in their respective paths.

He was from a 'Jamindar' family. At the age of three, he was fascinated by Ramana Maharishi. Responding to his inner call, he left his job of Superintendent of Police and then later he acquired some lands about 35 kms away from Vizag, in Bhimavalli to set up his spiritual centre. When we asked "Why did you choose this place", he replies "I wanted to be away from the city, but I see now that city is even encroaching me". He has conducted several Yagnas all over the country as directed by his inner voice, for the upliftment of our nation for holding on to its traditional values. When one looks at him a question that would emerge in one's mind is, "How could GOD be so simple and humble?" He used to declare to his disciples, "Anand, is a millionaire in his own realm, no one can equal him".

Ninth, Mamize Sait- In her I found the Motherly figure similar to Mother of Aurobindo Ashram, Pondicherry. She has established the school of ancient wisdom near Devanahalli, very near to Bangalore International Airport. It is inspired by Agastya Maharishi. He picked her from Shimhapura or Singapore to establish this

ashram. Here, nature is in full vibration of Rishis. She is kind, gentle, firm and sincere person. She has spent her own monies to develop this centre. Every brick, plant or space will speak of her touch of excellence. I was directed to her by Agastya Maharishi to help her get over cancer.

Now, I would like to speak about other spiritual personalities who have appeared to me and guided. They are Swami Samarth of Akkalkot, Mahavatar Babaji, Shankar Maharaj, Tembe Swami, Paramacharya of Kanchi, Sadashiva Brahmendra, Sri Narasimha Bharti of Sringeri. All these saints have appeared in my home ‘Amara Dhwani’ and guided me into higher spiritual realms from time to time. All this was possible because of the abundant love which Guru Amara continues to shower upon me.

Shivananda Bharati

Writers Note

When I first started writing the book under the guidance of my Guru Shri Shivananda Bharati, He told me “We are not the ones who are writing this book, but this work is done by the higher masters through us”. We are just humble individuals through which this book is written. This book is the outcome of, me asking questions to Sri Shivananda Bharati and the perfect answers were given through him by the Maharishis.

I extend my sincere thanks to the persons who have helped me to bring out this book. I would like to thank Mr Prashanth Kulkarni for his creative drawing, my mother Sandhya Kulkarni for giving extremely useful comments with a critical view and Ananda Venkateswaran for his expert feedback.

Atul Kulkarni

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Introduction

This is to all the children of GOD

Know that the promised Kingdom of GOD is here, it is only to be recognized and followed; listen to your inner voice which is the voice of GOD, who is conversing with one and all every second, guiding each to his own chosen mission. We had come to this earth to experience the manifested form of GOD, the creation, and for that purpose we have acquired intellect, mind, and body. All these three cemented to the soul encased in Ananda Maya Kosha or (Blissful sheath). Having gone through several births we have lost the knowledge to utilize the full potential of the mind and intellect, and we are stuck here, not knowing how to go back. Hence the Masters, ordained by SUPREME GOD, have paved the way for the New Age or SATYA YUGA, wherein all will experience the presence of GOD both within and outside and thus remain in perfect harmony with creation and all forms of life. Once we realize that what is keeping us alive and going is THAT which is keeping everything in place and functioning; GOD or THAT is one and same; then there can be no room for conflict. Everyone will know that the entire Creation is only an extension of one's own SELF or THAT or SUPREME GOD.

We are all children of GOD and there is no need to prove this to anyone, for there can be no one here who is not a child of GOD. Only those who have forgotten this because their main aim was for getting, have been made to forget and have gone through life in ignorance.

Each individual has to access his consciousness through meditation. There are various techniques of meditation and any technique of meditation can be used to achieve realisation. Let every individual work selflessly and perform whatever work one has chosen, in a Selfless manner to reach GOD. He is present in every individual as SOUL and is everywhere around us. The current civilisation is suffering because each individual has accepted this limitation of body, mind and intellect, looking for GOD outside oneself. Therefore, one has to transcend these limitations to realise that his SOUL is divine. For example: there is a speed breaker put on the road. When in a vehicle, we need not stop at this point, but we just need to slow down, cross it and move forward to reach our destination. Therefore one must understand the limitation and transcend them. The external limitations are imposed upon you due to mind and intellect.

New Age- “SATYA YUGA”

Earth is a spaceship which is moving in the solar system in our galaxy. When the Earth moves around the Sun, it causes seasons. Similarly when our solar system moves in our galaxy it causes Yugas and the segments of this orbit are marked as particular ages, viz., the four Yugas – SATYA YUGA, Treta Yuga, Dwapara Yuga and Kali Yuga. The period of these Yugas are the following – SATYA YUGA is for 20,000 years, Treta Yuga for 15,000 years, Dwapara Yuga for 10,000 years and Kali Yuga for 5,000 years. The Earth has now entered into the space that marks the segment of SATYA YUGA beginning with April 14, 1974, with a transition period of 432 years. These Yugas are just similar to seasons and everything happens systematically. Intermediate years or Sandhi Kala between the Dwapara Yuga and Kali Yuga is 108 years, and between subsequent Yugas is 216 years, 324 years and 432 years. The total of these Yugas with Sandhi Kala is about 51080 years. Several such Yugas make one ‘Divya Yuga’, which is about 4.32 million years. This total period is called “Maha Yuga” which is around 33,272 million years. Several such ‘Maha Yugas’ make one ‘Manvantara’ and several such ‘Manvantara’ make one ‘Kalpa’, one day of Brahma’s. The life of Brahma is about several Kalpas long.

This time division is created for the sake of understanding. In reality, time is eternal, since for GOD everything is present now. Time does not pass by, rather you pass through the time. The remotest past or the farthest future is all in the present. A divine or enlightened Soul will be able to tell this.

The Yugas are like a quadrilateral, where all the sides are of different lengths and angles, with the first side larger than the second and third. The best period, SATYA YUGA is longest and the worst, Kali Yuga, is the shortest. The question now is, “how do we understand these Yugas and how do we say SATYA YUGA is the best?” In Kali Yuga the prayer is through “Nama Smarane”, In Dwapara Yuga through “Pranayama”, In Treta Yuga through “Yagna, Homa etc” but in SATYA YUGA it is through direct communication with GOD, since everyone is realised and guided directly by SUPREME GOD. Everyone experiences the SUPREME GOD within.

But how do we reach this state? Firstly, one has to Love oneself. First Love yourself, then Love all other human beings irrespective of nation, race, caste, creed, religion, gender. When we say ‘alone’, the absolute truth of this ‘alone’ is ‘One with All’. Therefore in SATYA YUGA,

everyone is divine and experiencing the Divine. However, in Kali Yuga, solitude is a curse and one feels restless in being ‘Alone’.

The cosmic dance of Lord Shiva occurs at the end of a cycle when all the 18 lokas are withdrawn into the absolute. A time cycle of Brahma’s day is 4.32 billion human years. This is also the life of our earth, after which it is disintegrates. After that another earth is created at the same spot. The pieces of the previous earth float around the space, as meteorites or shooting stars. Brahma the Creator rests during the night and therefore, for the first 50 million years, the earth appears still and only then, life appears in water and gradually other forms of life and finally man appears, initially through apes and then in the evolved human body.

The height of man in ‘SATYA YUGA’ will be 27 feet, 18 feet in ‘Treta Yuga’, 12 feet in the beginning of ‘Dwapar Yuga’ towards the end it is 8 feet. In ‘Kali Yuga’ it started with 8 feet and ends with 5 feet.

The ‘SATYA YUGA’ has started from April 14th 1974. The height of human beings gradually increases through the transition period, which is 432 years. This period is for geographical changes but everyone has to change as early as possible – which means either humans have to respond to the changes or they will have to change their bodies.

The NEW AGE energies are already on the Earth, they are not coming from anywhere else. Imagine travelling in a train. Suddenly, there's the smell of molasses from the sugarcane factory. The train did not have this smell before, but as the train passes through this phase of its journey, people inside the train experience it. Similarly, the solar system is passing through the phase where the SATYA YUGA's positive energies are already present in the universe and thus every particle on the Earth receives this energy, reflects upon it and radiates it. Consequently, material life on Earth will change drastically. The mineral kingdom will be the first to respond to these energies, then plants, trees, vegetation and animals will respond and change to this flood of positive energies. Every cell on this Earth will change. Given this situation, how can we humans not change? Humans resist these changes because of mind and intellect. We may not be able to change our mindset and intellect to respond to these changes. However the new age energies will be so dominant that humans must either **'ADAPT AND FLOURISH OR RESIST AND PERISH'**. These are the choices we are left with. Example – if the scientists predict that there will be an cyclone in a particular place, people in that place are told to vacate and are advised to come back only when the cyclone has left that place. Therefore, humans have to adapt, or we shall cease to be.

In Kali Yuga, everything is egocentric, but in SATYA YUGA, we are Soul-centric. The 'Asuras' are SELF-centred, while the 'Devas' are centred in the SELF. A SELF-centred person becomes a victim of Ego, but a person centred in SELF, knowing that he is the SELF and is a reflection of GOD, thus chooses to be like THAT. Therefore in SATYA YUGA, everyone will experience their inherent divinity.

In SATYA YUGA, Nature will be in abundance, there will be plenty of food for everyone, plenty of trees, abundant bio-diversity, clean pure, abundant water and air. There will be no bugs, no mosquitoes, no pests, and no thorny plants since the negative energies feeding and nourishing these will vanish.

What do we mean by negative energies? When one uses energies to destroy someone else for one to be alive, then that energy is termed as negative energy. If one person has to become a millionaire, then millions have to become poor and starve. This kind of logic is not acceptable to Nature and is termed as negative. GOD does not differentiate among different beings on Earth, these differentiations are created by humans and this is celebrated in Kali Yuga, which is absurd. Anything which is absurd to nature will not last long however, all these differentiations will vanish in SATYA YUGA.

Life as seen on the earth today is vested with many practices and principles that have only Selfishness as the basis and hence the pathetic condition of the humanity.

Everyone suffers the ‘Arishad Vargas’, not only theirs but also others and as the excess of the negative energy collectively reaches the atmosphere, it descends into the weak minds to be projected to the immediate persons available around. Hence every household is in turmoil where the women and children in the house face spurts of anger from the man in the house. The poor woman takes things in her stride, baffled, and she wonders why the man she married is not the same, feeling that he is a different person every day, even if physically he is the same.

The solution to this situation – every household should reserve one room in a house as sacred and mediate for the presence of positive energies. You can have pictures or idols of deities if one feels the need or else a clean, neat room will suffice.

Light a sandal stick daily, discuss family matters of importance only in this room and keep the doors of the room closed while discussing. Slowly one will see that this particular room will vibrate with the

presence of peace, tranquillity and will exude life-giving energies. And thus everyone in the house will aspire to spend long hours in that room.

Thus one would have been established a cosmic transformer which would cleanse all the negativity not only in the house but will spread all over wherever the inmates moves around.

This is a simple activity, which can make a phenomenal change in the atmosphere and every household maintaining this will be rewarded with peace, tranquillity and abundance in all requirements and harmonious relationship with one and all.

The room should be held sacred and only inmates of the house should be let in. Slowly it will build up such a store-house of energy that every problem or situation emerging will find a answer or solution easily and everyone in the household will move around as a fountain-head of Bliss, spreading Love to all - not only to humans but to all forms of life. Nature will return this multi-fold. Every household will thus contribute to the change that has set in.

One should maintain secrecy in all such endeavours and should observe it and discuss it only with those persons who are directly concerned, till it is complete, and once the project is accomplished the world will

know it. This principle of secrecy is given by MahaRishi Vashista and He showers on the whole of humanity the blessings of his Tapas of millions of years, to usher in the SATYA YUGA. Many such great Maharishis are silently working and the messages will be received gradually and as humanity sets about following the directions of the great ones, the Golden Age will dawn silently, like the rising sun dispels the darkness.

Society is made up of households and everyone belongs to one or the other household. Now if each household follows the above principle then solution to any problem will arise very easily. It would be as easy as drawing money from any ATM, but the only thing is, one should have money in his account. The money here is compared to the energy level in each household. This system is much superior if one put some effort to build the energy levels. The higher up will contribute much more and help to build perfect energy levels in home.

Seven steps into the realms of SATYA YUGA

1. Believe in your SELF, it is everything
2. Declare to the world that the SATYA YUGA has started and all of us will prepare and usher in the New age
3. Lord KALKI will clear all the mess of the Kali Yuga and all other leftovers of Kali Yuga
4. Know that in you abide the plan of the New Age. Everyone of you is a piece of the master plan and only when joined together the entire plan will be visible
5. Meditate to know that you are THAT SELF and you were always THAT
6. Seek SATYA YUGA within and express yourself as SELF.
7. You are the architect of the new age, the builder and the resident. All the strength to do it is already infused in every one of you. Everyone on this earth is going to become Divya Purusha and every inch of this earth will be transformed into SHAMBALA and this

process is on. Be true to yourself and you will see every thought, word and deed will manifest the new age.

The SELF abides in Bliss and it is expressed through the feelings of Love. Love yourself first and you will know that everything there is only your SELF, so where is the conflict, then? All those who are not able to perceive this Truth are marching towards South, the realms of Lord Yama, Lord of death.

Love is the only language that the Soul knows. It is expressed through feelings. Its very nature is Bliss. The humanity has descended from the realm of the Soul to the realm of the body and senses and that is the order of Kali Yuga and you can see the mess it has led to.

Now the SATYA YUGA has commenced from April 14, 1974, the spaceship called the Earth we travel in has moved in space to the location where in the vibration to bring about the change to the heavenly conditions are flooding it. They are properly being increased by nature and changes are being executed in an accelerated mode.

Human beings created money for fixing value for matter and services. Unfortunately the entity called money has become the master and human beings its slave. It has gone to such an extent that the Governing

bodies and individuals have deteriorated and Masters of higher realms are summoned to set right things here.

The society ceases to have a say in the functioning of the government, wherein each individual causes injury to the other and the collective injury is caused to humanity; this is a Universal Law. To mention a few recent events such as the floods in Philippines, Tornados, Tsunamis, are some responses of nature to the collective negative vibration of the human consciousness.

If each individual does not look within and search for the source of abundance, the Nature cannot manifest. Here are some rules to be followed by humanity immediately and if it doesn't, there will be little human population to see the SATYA YUGA descend

1. Wake up before sun rise daily.
2. Will look upon every aspect of nature with respect and venerate, for its absence you cease to exist.
3. Food should not be wasted.
4. 'No labour No food' should be the motto of each individual
5. No manipulation of money

6. Money should be looked upon as energy, pure and perfect and not a rupee should lie idle anywhere in any form. It will be honoured as Lakshmi Devi and the one possessing will be honoured
7. The Governing bodies and its functionalities should work as representatives of GOD.
8. Truth (Satya) at all levels of thought, word and deed should be followed
9. Any one failing, would cease to exist.
10. This is the law of the New Age; it came to force from the Sunrise of 21st Dec 2011. The power to punish and correct vests with Lord Shaneswara (Lord Saturn). HE is the Master and you cannot appeal against his verdict, for Him, the verdict and execution of it is instantaneous.

You need to take the above as the ten commandments of the SATYA YUGA, for 'Lord Shaneswara' (Lord Saturn) in this age is 'Satya Narayana'. He is a tough Master, you cannot appeal against Him. Those who have followed the Vrata of 'Satya Narayana' know how he blesses all classes of beings with peace, prosperity and final emancipation.

In this New Age, everyday is full moon, you make it full by having your mind turned towards your Soul, and so it reflects the Soul in full measure.

Not only that, a meteorite will collide with the Earth very soon, making the existing North as East and then Moon will continue the old path, so it will be full daily and thus this condition will bring forth phenomenal changes in the thought pattern of the humans and nature will become salubrious, yielding wonderful flowers and fruits which we have never seen before.

The very need of the hour is the so called human beings have to become humans. For then, divinity will descend like the fragrance of a flower in bloom, carried around by wind.

Dear ones know that the New Age is for the good of all and there will be no superiority, no need for Masters leading the flock. Everyone will be in touch with SUPREME GOD directly through the consciousness. This is the realm where GOD operates through Soul and it is beyond the mind, body and intellect, facilities you have acquired to experience the manifested form of Brahman. These cannot lead you to THAT or SUPREME GOD. Don't allow the body, mind and intellect to be your

Master. The only way you can do this is to engage them in the work they are meant to be performing.

The present condition of the 3 Koshas is like the Government machinery, you need to bribe the official to do their duty, and then why is the salary given to them for? Now you are the cause for this condition, you are in this condition for your own doing. So you are to set things right. You are all not being asked, but told.

Let the changeover to this New Age be smooth. Otherwise, there will be no one to record the changes and those who survive will have no need to record for they want no memory of the past. They will be in perennial company of “SELF” and experience, in purity, tranquillity, peace, abundance and prosperity.

This is given by Maharishi Vishwa Mitra, He has handed the charge to Lord Shaneswara (Lord Saturn) and the necessary arsenal to go about the activity.

New Age Energies

The energies are getting flooded from outside and within. The energies are flooded from the 'Ananda Maya Kosha' from the Soul and thus one has to transcend the body, mind and intellect to access these energies. Say, when one thinks about a deity or great sage, they throw a surge of energies to our Soul from 'Anandamaya Kosha', and then to conscious level and thus cleanse the 'Koshas'. One needs to transcend the body, mind and intellect and reach one's conscious level and allow these energies which are flooding from inside to cleanse the Koshas.

Love your SELF. When everyone loves himself or herself, then there shall be no inequality. Nobody wants to prove anybody that he is superior to the other. Even in the field of sports, games, there will be a drastic change. There shall be only winners and no losers. Games will be played for the fun and spirit of games and there shall be no superiority or inferiority among players.

How to respond to new energies

New energies are being brought down from multiple dimensions to earth so as bring about a great change to the earth and end this inhuman nature of this civilization. If the inhabitants of this planet are not willing to do so, then we are forced to with release a measure of spiritual energies. I call these energies as “TRUTH VIBRATIONS”. These energies are the pure form of the consciousness. If they are not ready to accept these by using their intelligence to resist the “truth vibrations” then it will be hard for the present civilization to respond to new changes .Thus these energies are not a form of punishment but instead an opportunity for the people to internalize and multiply the energies, whereby they can quickly raise themselves above the old, perverted consciousness. Because these energies are so different from the perverted energies to which people have become accustomed, the new age energies will challenge people to look at and question their state of consciousness. If they are not willing to look at themselves, then the energies we release will create a tension, and as this tension intensifies, it can eventually precipitate on certain physical events.

Lord Agni

Lord ‘Agni’ or ‘Lord of Fire’ travels on a ‘vahana’ or vehicle which has nine elephants, representing nine directions. Eight directions are combination of North, South, East, West and ninth one from the top. The colour of elephants is greyish. Lord Agni has three faces and he carries all the weapons of the GODs. Currently, the ‘Pralaya’ is going to be through ‘Agni Pralaya’.’Pralaya’ is ‘Prakruti (nature) Laya’ (change), which means nature is changing. Thus ‘Agni Pralaya’ will start in 2012. During each of the transition period there is ‘pralaya’. During the transition period between ‘Dwapara Yuga and ‘Kali Yuga’ there was ‘Jala Pralaya’. Therefore, one can see that ‘Dwaraka’ Kingdom of Lord Krishna went underneath the ocean and several places went under sea. ‘Agni Pralaya’ can happen through volcanoes, solar flares, nuclear accidents, forest fires, house fires and all other forms of fire.

How have the people of the world understood ‘Fire’ or ‘Agni’? Is fire only used for cooking or running the steam engine or generating energy?

‘Agni’ is life. In Bhagvat Geetha, Lord Krishna says that “Pancha Bhutaa Nam, Ashmi Tejaha”- ‘among the five elements I am fire’. Your capacity to do work is fire, your skin is fire, your knowledge is fire, and your wood is fire. Everything in this world is made out of fire. Even water is ‘Agni’. If there is no heat, then there will be no evaporation and thus no rains. Even ‘ParaBrahma’ is in the form of ‘Agni’. ‘Omkaara’ has got three things AUM, A stands for Agni that is fire, U stands for Udaka, that is water and M stands for Maruta, that is air. Agni is primary as it causes the other two. Among the five basic elements of this world, all elements go down, but only ‘Agni’ flows always upright.

For purification process, even ‘Sita Devi’ was sent into ‘Agni’, since fire is so pure. Water cleans, but fire purifies. Ganges water is fire. Why is this so? Since it came from head of Lord Shiva, which is fire. From Lord Shiva’s third eye, He creates six faces from which fire emerged and this formed energy ‘Kartikeya’, who is the first descent of GOD, for whom the world was created. Our universe is born from ‘Krutika’ constellation and thus in every month one of the ‘Nakshtras’ or stars is auspicious and each one of these stars is connected to ‘Kartikeya’, since He is created by SUPREME GOD. ‘Kartikeya’s first name is ‘Subramanyam’ which means ‘purest of gem’. He is a being beyond

mind and mind is his vahana, which is a peacock. Therefore, if you keep your mind pure, he will manifest in your heart.

Blessed are the pure in the heart, for theirs is the Kingdom of GOD. These were the words of Lord Jesus Christ. He declared that he is from 'ParaBrahma', He said " You have seen me, so you have seen the one who has sent me, for He has no form and He is in every form and all forms are in Him"

Therefore, everyone is 'Kartikeya' or 'Lord Ganapati' since everyone is a child of GOD. If one is fat and plumpy, then he is like 'Lord Ganapati' else he is like 'Lord Kartikeya'. You must venerate every child; look at every Mother as 'Parvati', wife as 'Lakshmi', sister as 'Saraswati' and children as 'Tripura Sundari'. A child passes through each of these stages in life. Therefore, everyone should look upon the other being as GOD and venerate each of them, and then there is no need for anyone to go to temples.

Lord 'Agni' has to be venerated as 'Parabrahma'.

Performing ‘AgniHotra’ to channelize new energies

AgniHotra Homa is a pyramid fire technique passed down from the ancient ATHARVA VEDA. Most part of Artharva Veda was given to the humanity through the consciousness of Angirasa Maharishi, one of the Sapta Rishis. It is a technical term derived from the Vedic science of bio energy. It should be performed for 48 days starting from new moon. After 48 days it can be done inside our body by visualisation process. Those who are interested to practice, the details can be communicated directly and not through a book since there are certain activities where conscious connections have to be made.

Agnihotra denotes the process of removing the toxic conditions of the atmosphere through the agency of fire. AgniHotra is performed in the copper pyramid exactly at the time of sunrise/sunset and helps in the process of purification of the atmosphere through the agency of fire. This copper pyramid vessel is inclined at 72 degrees, fixes the cosmic energies in house. This copper vessel should be kept little above the ground and these energy criss-crosses in the ground to establish great healing centre. This is also in the shape of universe and thus helps fix universal cosmic energy and SUPREME GOD will manifest ‘whatever you want, whenever you want without asking’. This energy gets into

consciousness of each individual and makes him work in such a way that he becomes prosperous

Agnihotra if practiced regularly yields great healing power to the atmosphere in the home. Cow ghee, Cow dung, rice grain are the specific substances which are burnt in a copper pyramid with a specific Mantra at exact timings of sunrise/sunset a specific effect is guaranteed to occur. After performing Agnihotra Homa, tremendous amounts of energy are gathered around the Agnihotra copper pyramid at Sunrise/Sunset time. A magnetic field is created, which neutralizes negative energies and reinforces positive energies and thus creates a positive pattern.

“When Agnihotra Homa is performed, the Agnihotra smoke gathers particles of harmful radiation from the atmosphere and on a very subtle level neutralizes their radioactive effect. Nothing is destroyed, polluted but rather merely changed.

Effects of Agnihotra

When Agnihotra Homa is performed, the energy from the fire and the subtle energies from the sun at sunrise and sunset are generated into the

atmosphere and thus make conditions conducive to an anti pollution change. The pyramid is generator, the fire is turbine. The world is functioning through ether, ether is supported by energy, and ether vibrating at different frequency causes different kinds of matter. In Agni Hotra matter is converted in ether and energy, Agni is the converting agency, mantras are the password to the concerned managers, they translate the energy into the matter required. Cow dung and cow ghee are the currency used in the other dimensions and the banker is Agni, the same is translated into cosmic energy as very much acceptable to nature. Dragon flies fix cosmic energy at different locations and the presence of these beings are good for the land and crop. This is how the Agnihotra fire physically heals the atmosphere.

Agnihotra is also beneficial for crops since the atmosphere heals and plants evolve networks of veins that are cylindrical and larger than normal, permitting water and nutrients move easily to all parts of the plant. Thus the growth and reproduction cycles of plant is enhanced. Also, it increases the production of chlorophyll and plant breathing, thereby helping the oxygen recycling system.

AgniHotra homa produces a special sound and we can test this AgniHotra homa with an oscilloscope and one can notice a special

sound coming from fire. Fire not only produces sound, but it also reacts with sound and creates a resonance effect which invigorates the cells of plants leading to better reproductive cycles.

Thus primarily everyone has to respect all forms of life. If there is a drought region, why is it so? GOD is also available in that region, but is not manifested. Air is there in a particular place, but it is not always breeze, which is pleasant. Similarly, when one does Agnihotra one feels the effect similar to breeze, as in Agnihotra plants get positive energies and thus manifest in best way. Plants are thrilled with these new energies and thus they respond to Lord Agni and thus they grow better.

Also while de-weeding, remove the weeds gently and plant them on the path way so that it can retain soil.

Calamities will happen if

People refuse to internalize and multiply the energies and collective negativities of this earth will retard the energies that are flooding the earth. The collective consciousness has become a closed circle and is thus creating a downward spiral that precipitates calamities.

There will be natural calamities, that is, all those who resist the change will be changing their bodies and will be sent to planet that is in tune with their frequency.

Earthquakes cause volcanic eruptions which is a form of 'Agni'. There are tectonic plates underneath the earth. The 'Agni loka' is at the centre of earth, there is a civilisation that is existing, and the people are 14 feet tall. In America, they have found a passage from that continent to another continent beneath the earth. The diameter of this tunnel is so huge that two trucks can easily travel and the wall is coated only with mud and they have used a highly sophisticated technology. This was done in previous Yugas. Once, they found a boy who came out of this tunnel, who was 6 years old, 11 feet tall. When the blood samples of this boy were tested in laboratory, it was found that this blood purified all the other blood samples. Therefore, their blood is so pure that they can't get any disease. The people living in 'Agni loka' are living with so much of veneration of nature that they don't touch a tree or pluck a leaf without taking the permission from the tree. When one request a tree, then tree drops off by itself. There is another civilisation at the core of the Earth where the body temperature of beings is 1200° C and they are only of 9 inches in height. These beings come out of 'Agni

Loka' when there are volcanoes on Earth. However, the current technologies can't detect them.

The 'SATYA YUGA' has set in and the changes have started and all who adapt will be in the new world which will be full of peace, prosperity and abundance. Nature responds to change easily, for they are not burdened with mind and intellect.

Once the 'SATYA YUGA' fully sets in, there will be no natural calamities, everyone will experience the presence of divinity in all spheres of activity, everyone will help each other and thus harmony will be established and nature will be in abundance. Thorny bushes will vanish. People will live in small communities, with celebration as regular activity, for everyone will experience the presence of GOD.

Science will be approached with wisdom within, for every matter is embedded in the cosmic consciousness which can be accessed by surrendering to one's own SELF.

Thus the collective consciousness prevailing upon the Earth will change and nature will respond completely and thus the Kingdom of GOD will be established on Earth. The time is NOW. Let us move and change the world, not just sit and wait for some miracle to happen. In today's

world we go to office and come back alive, this is in itself a miracle. There are more people dying in accidents and shocks than by any disease and natural calamities.

It is said that those who live by the power of sword will die by the sword itself. The present rulers of the world have manipulated everything to suit their convenience using oil as the basis to cheat the rest of the humanity of the natural riches of life. So it is not surprising the same is happening, those who have to be saved will be saved those who have to perish will perish, lets watch the change with an expectation of divine intervention. A catastrophe, can be sudden grace too, as it is only a few moments before the grand finale .Thy will, will be done so be it those who have lived a worthy life will be protected, the rest will change their bodies.

What is the Hype of 2012?

Several literature exists on 2012, its events, predictions etc. That apart, this book is not intended to give predictions, events etc and not scare people about the death. The higher masters, do not want the entire humanity to be wiped out, but the negative energies will be removed from the Earth and our planet Earth will rise to such stupendous level that none have imagined so far. ***“Vinashayacha Dushkrutum”*** which means evil deeds will be destroyed and if the doer wants to stick to it, then he or she will also go. This was declared in Bhagwat Gita by Lord Krishna.

The Higher Masters have launched several SATYA YUGA's over the course of this universe and they know what to do. Whatever is detrimental to society in particular and Earth in general will be eliminated, re-created, re-structured. Even when one pulls down a wall, you see that as many bricks remain intact and don't break, so that they can be used to re-construct.

From 21st Dec, 2011, Saturn will be in exalted State, He is the Judge, Jury & Executor and a tough Master since the hearing of the case, judgement, and verdict happen simultaneously. He will be in this State

for 30 months which is the 'Judgement Day' say till Mid-2014. This period of 30 months will be like 30 years and several events will happen. This 'Judgement Day' is not just a single day as some literature point out as Dec 19th 2012 or Dec 21st 2012. The changes have already started two-three years back, but in 2012 the changes, the consciousness shift is going to be rapid. Nothing wrong will happen, if some good has to happen then certain drastic changes are needed. In a marriage, before using on dining table, they usually put a paper sheet and the food is served. After lunch leftover food is rolled in a paper and thus waste is cleaned and then again fresh paper sheet is spread and the next batch is served with food. Currently, the orders are there should be no wastage of food and just take whatever you need and not a single grain extra. Similarly, the SATYA YUGA will be launched.

Why should one believe that SATYA YUGA has started?

What are the indications of SATYA YUGA?

Firstly, youngsters are interested in Spirituality and that was not the case 20-30 years back where one can find grandfathers and grandmothers in any 'Satsanga'. Those born after April 14th, 1974, are equipped with 'Manonmaya Kosha' that is programmed for SATYA YUGA. One can observe that, many people less than 30 years of age are CEO's, but 30 years back, show me one CEO who was less than 30 years of age. The youngsters, their understanding capacities are different. Their skills are more since their 'Manonmaya Kosha' mind is programmed for SATYA YUGA. In 1970's getting 60% marks in Standard 10th examination was a great achievement, then the benchmark slowly started increasing, now scoring marks between 97% to 100% has become a easy task.

Secondly, Nature will change and will yield in abundance since it has no 'Manon Maya Kosha' they will respond to new energies immediately.

Third, those who are meditating will perform better since their efficiency is increased. Say two persons are doing same project, one

who is meditating will finish in lesser time than the other. Say, you are living in a flat and you get a nice fragrance from neighbouring house kitchen and naturally one will ask ‘what is being cooked?’ ‘How did you cook?’ Similarly, one will ask about your great efficiency. Therefore, when people meditate, the results will be seen automatically. Your higher SELF in the Super-conscious level is itself a guru. All the Vedas, Upanishad were perceived by Rishis since they saw (Drishti) the Vedas etc. The KALKI Avatar has incarnated in SHAMBALA in 1924 and He is the World Teacher and the next Avatar is also incarnated who is equivalent ‘Matsya’ avatar and Lord KALKI will hand over the power to Him as Lord Parashurama handed over the power to Lord Rama in the Treta Yuga. Lord KALKI will meet the ‘Matsya’ avatar in Karnataka, India and He will live in Karnataka. Lord Parashurama met Lord Rama in Mithila, when he handed over the ‘Vishnu Dhanush’ to Lord Rama and He realised that Lord Rama was the right person since only Lord Vishnu can hold ‘Vishnu Dhanush’ and then Lord Parashurama left to carry forward his meditation work. Lord Parashurama is the Guru of Lord KALKI and when He finishes his work, cleans up the mess of this world, then Lord KALKI will hand over the power to ‘Matsya’ avatar. Just like Sunlight dispels the darkness, these Avatars will dispel darkness. One should also beware

that these Avatars should not be associated with any religion, as sunlight is universal. He is the World teacher. Electricity that we use at home comes from a common grid and thus it has public good character. Examples of pure public good are air, national defence etc. One house may be getting electricity generated in Tamil Nadu, India other from Andra Pradesh, India. If one says that, I am going to use electricity that is generated only from Sharavati plant, is this not ridiculous. Like that, every religion will accept the World Teacher and be guided into the new age.

Duryodhana was ‘Kali Purusha’ and Hitler was the rebirth of Duryodhana. His term is over now.

Judgement Day

As said, On December 21st 2011, Lord Shaneeshwara or Saturn moved into Libra, exalted state. Saturn will be there in this zodiac sign for 30 months. Usually Saturn takes 30 years to move through all zodiac signs, but now he will bring about changes of 30 years in these 30 months. Therefore 30 months shall be like 30 years and He shall set right all the zodiac houses in place. He holds the power of all other planets, like when the parliament in India is dissolved all power vests with the

PRESIDENT. Therefore, at His level the judgment and execution is at the same time and He is a tough master. So the judgement day is not just one single day but is for a period of 30 months. All the fruits of the karma done by each one of us will be given back to us. All the evils acts of all people will be revealed to the world and those doing good work will be rewarded. The Philippines floods, Volcano in Italy are some of the initial effects of Lord Saturn. Initially, few hundred in number will leave their body and slowly few thousands will leave and then millions and so on. What natural calamities Earth has seen in last 15 years, it has not seen in last 150 years. Should this not ring the bell of alarm to you? Why is this happening? Therefore the New age changes are occurring very rapidly and mineral kingdom will react immediately. The great kingdom of BHARATA VARSHA is ruled by unworthy people it is as in astrology 'Neecha Bhanga Raja Yoga' i.e. undeserving people in the seats of power, and persons with criminal record ruling the country and they will have to leave their power. The higher Masters have prepared their plan. The Japan Tsunami was just a sample and Japanese shall take many more years to come back to state where they were before. Few events such as Himalayan snow melting, Earth pole shifting, Ice melting at poles, Earthquakes, Volcanoes, Tsunamis, several cities going underneath the sea and many such events will definitely happen.

Let us not talk more about this and we are aware of the events that will happen and the purpose of this book is not to scare the humanity. If each one of us responds to SATYA YUGA changes and to energies so that collective consciousness rises, then surely the journey into SATYA YUGA will be smooth. It is our choice and everything is in our hands.

Realms of Rishis

In the beginning of Time before the creation emerged from the cosmic being, we normally address as ‘ParaBrahma’ or ‘SUPREME GOD’. We as ‘Atmans’ or Souls were in his being as due drops on a wind shield, (this is presented just as an example) experiencing all that He experiences simultaneously as he does. Then an idea of creation occurred in **His** consciousness and for the purpose he brought forth from his being a portion of consciousness that manifested as space, then emerged ‘Prakruti’ as ‘Parashakti’. She brought forth the ‘Trimurtis’ to manage and maintain the manifested creation.

We who were as souls in the highest world known as ‘Parabrahma loka’ expressed our desire to visit the manifested creation. For this purpose we selected amongst ourselves seven souls to represent to SUPREME GOD to seek permission. They were vested with special powers by SUPREME GOD and injunction to bring us safely back to ‘Parabrahma Loka’ after our sojourn in the ‘Bhooloka’.

SatyaLoka
TapoLoka
JanaLoka
MahaLoka
DhruvaLoka
SuraLoka
BhuvarLoka
BhooLoka
AtalaLoka
VitalaLoka
SutalaLoka
MahatalaLoka
TalatalaLoka
RasatalaLoka
PatalaLoka

Picture showing 14 lokas

Thus began our descent. We as souls in ‘Prabrahma loka had vision to infinity in all direction, we acquired ‘Ananda Maya Kosha’ to descend

down to 'Devi Loka', losing 50% of our visibility, the first limitation. We remained in 'Devi Loka' for long and after experiencing this, we requested permission to descend further. We were told by Devi that the 'Ananda Maya Kosha' is enough to experience my Loka but to go further down you have to take 'Vigyana Maya Kosha' this you take from here. This was the next limitation we lost the vision of back (ability to see behind us) thus with this we descended through 'Kailasa', 'Vaikunta', and 'Brahma Loka'. After spending time in the above mentioned lokas, we approached Brahma seeking permission to go further. He said till now you have passed through only divine matter now you are going to enter material atmosphere where in everything is in duality and thus you need to take 'Manon maya Kosha' which carries the blue print of the physical body that you are going to get on the earth. 'Manon Maya Kosha' is given to understand the duality and mind is the registering facility, when one uses the senses to experience the manifested creation and when the mind registers it, then only one can experience it. The properties of this 'Manonmaya kosha' is that, it can stretch to infinity and take you anywhere in the 18 lokas in a fraction of a second, it has a filter, it will allow only allow the experience required by the soul quantity and quality. If you are going to give any extra experience it will be rejected and that will form a residue making the

transparent ‘Manonmaya’ opaque and thus gradually the accumulation of karma begins. We were told to be very careful in using it, as each one is required to return it intact on our homeward journey and this was the first caution given regarding the Karma, which we are struggling to deal with. Finally we descend to Satya Loka. As we passed the seven Lokas, the Lords of the respective seven Lokas affixed a stamp on the ‘Manonmaya kosha’ and these became the seven ‘Chakras’ in the physical body. Each of these Lokas are multi billion light years in distance and very huge in size. The seven Chakras attract us to the respective seven Lokas on the way back to Prabrahma Loka.

The descent of soul continued after receiving the details about ‘Manomaya Kosha’ and thus we were directed to Manovati the capital city of ‘Bramha loka’. Here the concerned official again enumerated the following, This ‘Manomaya Kosha’ has the blue print of the physical body that you are going to get in ‘Bhooloka’, it will allow only the experience required by the soul and any extra experience will be filtered and thus the residue accumulated will gradually make the visibility difficult. Therefore be very careful while engaging in activities prompted by the senses. Most important condition is that you have to return it back here in the same condition as given to you now.

It can stretch to infinity thus facilitating, your movement anywhere in the universe though living in the physical body. We agreed to all the conditions and accepted the 'Manon maya kosha' after looking in the 'Akashic mirror' finding everything in perfect order and we found that our visibility of the top and bottom was lost, we accepted this limitation and proceeded further towards 'Bhooloka' after passing through 'Satyaloka', 'Tapoloka', 'Janoloka', 'Maharloka', 'Suvarloka', 'Bhuvarloka', and finally the 'Bhooloka' the seventh Loka of material cosmos.

We stationed ourselves about 52 miles above the earth we were fascinated to look at the Earth but we could not move further. So we asked our guides, as to why are we stuck here? They the Sacred Seven sat in contemplation and understood the functions of the lords of the eight directions and invoked 'Indra' the lord of the east, one who is in charge of senses. He appeared immediately paid his respects to the assembled souls, and remarked that and we as souls even with the three 'Koshas' of 'Ananda', 'Vigyana' and 'Manonmaya kosha' had no weight to enter Earth's atmosphere, we should have some weight this is something which will have to be attended by 'Yama Dharma Raja' the lord of the southern direction.

So we rushed 9 billion light years in the southern direction to be received by the beings in ‘Yamaloka’. A grand reception was arranged by ‘Yama Dharma Raja’ as we were from ‘Parabramha loka’. After inquiring our wellbeing we were directed to a place where a person known as ‘Chitra Gupta’ received us. However, he is not a person, but it is principle, since ‘chitra’ means picture, Gupta means secret (Chitra Gupta is an energy that impresses every thought word and deed of each individual in the Akashic Record instantaneously). He said he will help us by giving silver chord and this silver chord is numbered and was given to all the souls, so that each can be identified and this will give the necessary weight to be attracted by the gravity of the Earth. Also this will help us leave the physical body and travel anywhere in the 18 lokas instantaneously. He said, these silver chords are numbered like bank account number and once it snaps, which means that you are dead and will be back to ‘Yamaloka’ where in the record of all the deeds performed will be shown in three dimensions and further relocation will take place depending on our karma. He insisted we look again in the ‘Akashic Mirror’ as we had promised ‘Brahmadeva’ to return the ‘Manomaya kosha’ intact. We rushed before ‘Akashic Mirror’ as we were in a hurry to go to ‘Bhoo loka’. We reached the place we had camped earlier and preceded towards earth we reached about 5000

metres above the earth. The clouds were obstructing our path. When we asked the reason 'Lord Indra', said 'this is something I can help' he said 'I will cause thunder and rain you stick to the rain drops and descend into the soil of the earth'. The silver chord has an arrangement that it will enter fruits and seeds. These will come into human body when consumed by the existing human beings.

As the very first descent we were born to apes and perfected the human body with the blue print in the 'Manonmaya kosha' which is what we possess now. What physical body we have got is a perfected body and all other species don't have this facility. Only human beings have a vertical vertebrate and no other species has it. The only element which keeps straight is 'Fire' and it is one of the elements of human body. All this took several millions of years.

When the souls were in the bloodstream of the human being we were agitated, as our size was smaller than the size of even an electron, and the blood stream seemed like an ocean, being pumped up and down. We invoked SUPREME GOD and expressed our state. He said 'As you move towards the lower portions of the body jump off the bloodstream and take a position in the testicles where Semen is stored and wait there', and 'in the Earth there is practice known as marriage where in a

girl is given as ‘dana’ to soul in the male body and subsequently the sex act known as ‘garbha dana’. You enter the feminine womb where in you will find all the necessary requisites, to prepare your physical body the last kosha ‘Anna Maya kosha’ and you enjoy your stay and come back after your experience of the manifested form of mine(the creation). Thus we entered the womb and prepared the body in about 285 days and we were excited to see the body but we were not in position to enter the body so we invoked SUPREME GOD again and He said this is the last time you will be able to call me and speak, once the body is delivered ‘Lord Surya Narayana’ will give the ‘Pranamaya Shareera’ and this sheath will stitch all the koshas instantaneously and thus will begin your journey of life. Enjoy the same conforming to the injunctions prevailing on the earth and return back safely. You will be guided by the ‘Sapta Maha Rishis’. With these blessings from SUPREME GOD we descended. The first cry of the child, the Soul enters the body and starts breathing, which is taken as the time of birth. Child stretches its hands and legs, to be free from the body since it has entered from the limitless to limitation of body. Sex is sacred, so should be maintained as a secret and that is why in Bharata Varsha we have a temple of Sun GOD in Konark which gives the details of this relationship.

SAPTA-RISHIS

It is necessary for us to know the guides of humanity. The seven souls we choose to represent our request to SUPREME GOD (to visit the Earth) were born as we were born. While we passed through several births they remained in their very first physical body, yet they found that bodies were ageing. Then they called the entire set of human beings upon the earth at a point of time and told them that we will teach you certain practices by which, everyone can clear the residue accumulated in the ‘Manomaya Kosha’ and be free to go back to Para Brahma Loka.

The majority of the assembled souls expressed that they were not satisfied with the experiences they received and would like to stay longer on the earth. To this request they agreed. Then the Sacred Seven sat together and decided to be reborn in the ‘Satya Loka’ as the time frame there is similar to that of the earth and ageing process is slow (your 1 day in Satya Loka is 1 year in Bhoo Loka)and food intake is once in 15 days. And that world is 95% spiritual life and just 5% material activity. The food they consume is only ‘Kanda moola phalas’ that too once in 15 days and that gives all the necessary energy required. Thus they stationed their physical bodies in ‘Satya Loka’ and visit the Earth astrally and guide the humanity for several years. But a

time came when they found that people were not able to see them as the residue accumulation upon the ‘Manon maya kosha’ had become dense. So they selected amongst the people who were still able to see them and gave special training and taught them how to perform their deeds on the Earth without accumulating Karma. They are 144000 in number 12000 from each zodiac sign. This is revealed in the book of Revelation in the Bible in the 7th chapter. The first order of Sapta Rishis are

1. Brighu Maha Rishi
2. Angirasa Maha Rishi
3. Atri Maha Rishi
4. Vasishta Maha Rishi
5. Pulastyaa Maha Rishi
6. Pulaha Maha Rishi
7. Kratu Maha Rishi

‘Maha Vishnu’ became one of the Sapta Rishis as ‘Brighu Maha Rishi’. ‘Lord Shiva’ became one of the Rishi as ‘Agastya Maha Rishi’. ‘Brahma’ became one of the Sapta Rishi as ‘Vasishta Maha Rishi’ and

‘Para Brahma’ became Rishi as ‘VishwaMitra Maha Rishi’. Para Brahma was born to show the humanity that any one of you can become Para Brahma. Agastya Maha Rishi and VishwaMitra Maha Rishi are Fire Brand Rishis. VishwaMitra Maha Rishi went on to create a parallel universe by the power of his tapas and Agastya Maha Rishi once drank all the waters in the ocean. Such are the capacities of these powerful Rishis.

In different Puranas different names of SaptaRishi is given. This is because the SaptaRishi is a position. When the original order of SaptaRishis gave their meditation power to activate the Kundalini Shakti of others, their power diminished and hence they went back to meditation and other Maha Rishi of their equivalent energy came to their position.

For Patala Loka there are fourteen Rishis. For Satya Loka there is only one Rishi in charge- ‘Kashyapa Maha Rishi’

They had distributed the responsibility of managing the ‘bhooloka’ group of lokas which consist of several solar systems, having Earth like planets. The 144000 members selected by them are located in different countries on the earth and they disperse spiritual knowledge as required by the country and the religion in that region. These members are

workers of Rishis, report to the Rishis directly. They do not interact with each other in the physical plane. Thus, the Rishis time and again disperse spiritual knowledge required for the time frame the Earth is going through. In Bharata Varsha there are many orders of spiritual masters, but there is only one worker of the Sapta Maharishi.

How do we channelize these NEW AGE energies?

The NEW AGE energies are flooding the Earth, only when one goes beyond the body, mind and intellect to the level of consciousness, then only one will be able to channelize these NEW AGE energies. Then the question arises is that -what is consciousness? It is a state which is beyond the body, mind and intellect and operated at the level of SELF. IN SATYA YUGA everyone has to reach the level of SELF and these energies will emerge automatically at level of SELF. Example- when you want to beat a iron which is red hot ,pre-conditions needed are that, first the hammer should be strong and below the piece there should be anvil which should also be strong so that it can resist the heat so that piece can expand and mould with heat energy. Let us now compare this anvil with our SELF, so now beating hammer is outside and anvil is inside and the new energies will shape us in a proper manner only when

both of these are strong enough. Another example- a potter is making a clay pot. His intension is not to break the pot but to mould and shape it. Here potter is 'Nature' and such situation will be created by 'Nature' and Man has to adopt to this new age changes. Humans have to ADAPT and CHANGE or RESIST and PERISH.

So what then is 'Nature'?

For simplicity, replace the word GOD by '**Nature**'. Everyone can see a sunrise, sunset, feel the winds, trees flowering, seasons occur, rains droplets pattern. All these form a set cycle and all these are described as GOD. Everything in 'Nature' is giving and nothing is holding back. A fruit tree, gives fruits and this fruit drops from the tree only when it is ripe, and trees does not hold the fruit back. The bees collect nectar from several flowers and make honey which is consumed by us. These are few examples of 'Nature' which signifies 'giving' and there are several thousands of examples all around us. We have to change our mindset – thinking level and embrace Nature.

Nature also teaches everything to human beings everything. It teaches more than what this formal education does. It imparts more knowledge than current system of education.

A story to illustrate this fact

Centuries ago in BHARATA (INDIA), education was based on “Gurukul” system. Where students spend their “Brahmacharya” days in Gurukul where a master imparts knowledge to students. Once a poor boy, who wished to study in Gurukul was not able to do so. But Guru who was well aware of this, as he was above all these prejudices, asked the poor kid to do a task. He gave poor kid two cows, male and female and told him to go into jungles, be in touch with nature and told the kid to return after the cattle multiplied to 100. Thus the kid went to jungles, lakes, rivers, mountains etc and he learnt specific qualities of each animal and bird in nature. He learnt collective work from bees, sharing and storing of food in times of need from ants, hissing on enemies whenever required from snakes and several other qualities in various animals and birds. Then finally boy returned to Guru after the flock had reached 100. Now Guru asked kid to explain everything that he had learnt from nature and he recounted all that he had learnt from nature. Other students who were studying in Gurukul were astonished by the knowledge the kid gained from nature. This proves that “Nature” teaches human being more than education system does. So be in tune with nature, harmony, health, peace and prosperity will descend into your lives and fragrance of your living will spread, as bees descend to

collect honey and as the fragrance of flowers which is carried all around by breeze for everyone to enjoy

A time is going to come when there will be one family for 10 acre and rest of the population is going out of this planet , this is recreation for GOD i.e. HE is recreating the Earth. This is not destruction, but is ‘PRALAYA’ which is ‘PRAKRUTI LAYA’ which means ‘nature is changing’.

How then should we ADAPT and CHANGE?

Know that all of you are children of GOD, believe it's the truth and behave like HIM .You shall do only such deeds as that would glorify your Father GOD, who is here with you always, in all places. He resides in your heart, keep it sacred, don't worry about specific date and time for He is already here. Looking at every child to emerge from within and lead the entire humanity into the kingdom of GOD. Live in love, Love your SELF as GOD, and then GOD will reveal in you and radiate his Love to one and all. All He needs is total surrender and he will clear you from all your Karmas of millions of Births in a flash of light. Many have experienced this and have become LIGHT warriors, experiencing Bliss and radiating Love. The time is short and don't wait

for something to happen in 2012. Do what you have to do. Nature will do what GOD decides. Fear not, the changes in nature they have always been happening in every Yuga. It is only energy vibrating in a different frequency. Example- you have shifted from bullock carts to aeroplanes, similarly, you will move around in space craft's. With nature in full bloom, every tree will yield wonderful fruits and support all life forms. This is the time for the children of GOD to move around as GODs. Millions are the divine beings who are here to help those who are steeped in their Ego. If one resists this change, they will change their bodies. The energies flooding the earth are going to increase everyday almost doubling and this will go on until the last human being has adopted to SATYA YUGA ways of living, living in Love.

You are what attitude you carry and there is nothing called fate. It is only the limitations you accept and suffer, if only you turn within, you will know that there is no limitation which you cannot transcend and with power resting in your SELF, YOU and GOD are like the colour of sky and space. Where is the colour?

Coming 15 years, i.e till 2027 are so important that anyone willing, will be given all that is needed to become GOD and it will be yours in a second, it is only a matter of choice. The only requirement would be to

love all, everything in humanity, creation as would like to be loved by GOD.

Let the sunrise wash away all your limitations and present the infinite consciousness in you, upon which rests the entire manifested creation.

Every individual must be first responsible for himself/herself and to his/her family and then to his nation. Why simply blame the Governments of any nation, when Government's are run by the people in a democracy. Government in a democracy is a faceless body and representatives of people run the Government, therefore let's stop blaming Government for its mistake. Government is similar to a corpse, it has to be carried by people, and similarly a 'company', 'organisation', 'nation' etc all these have to be carried by people. If noble people carry it, then it is a noble parade. In Kali Yuga, every individual is recognised by two things - his position and possession. Both are absolutely irrelevant, since it is acquired and is very temporary, dispensable. We 'SOULS' have to live in the body very carefully, to quote an example, if one is going on a bike, if a truck suddenly comes in front of your bike, then most sensible thing to do is that, one has to jump out of his bike and not be attached to his bike by saying that, this is a vintage bike, loveable bike, expensive bike and so on. Otherwise bike and

‘You’ will be cramped and dead under the truck, and end up in a hospital or cemetery. Therefore, it is sensible to ADAPT and CHANGE to current positive energies that are flooding the Earth.

Bigger picture

Universe will give ‘SATYA YUGA’ new age positive energies to nature and it will respond in a big positive way. There will be abundant crops, if one is following the natural farming principles. For illustration- assuming some rough numbers and not exact ones, if one is expecting a 20% growth in food crop productivity in natural farming, then nature will give more than 50% crop productivity in natural farming. Therefore, when there is an abundant food crop, then the food prices will fall automatically unless traders hold these crops and create artificial scarcity. Flip side to it is that, most of the food crops are perishable commodities and traders can’t hold them for long and in case food prices will fall.

Beginning of Universe: The Cosmic Dance

The SUPREME GOD ‘Para Brahma’, the un-manifested Brahman received propulsion of energy that emerged as a ‘Para Shakti’ and from Her womb sprung forth trillions of galaxies. She created the ‘Creator Brahma’, then ‘Lord Vishnu’ and finally the SUPREME GOD emerged as ‘Lord Nataraja’ to accompany ‘Shivagami’. Thus began the dance of the cosmos and cosmic consciousness. The manifested creation abides in the melody of ‘Om-kara’ through which sprung the rhythms and that placed the emerging universe in order so that each universe exists as independent. Thus all universes being in pure-consciousness of ‘Tripura’- the divine mother where all the universe are in a collective rhythm. This was revealed in all details to ‘Sage Bharata’ who perceived the dance and imparts it to humanity. Thus came about the origin of ‘Bharatanatyam’. In this art form of dance, one can express all forms of emotions governing the human consciousness and thus freeing him/her from the bondage of births. Like the fragrance of the sandal stick shall give pleasant smell when lit and thus in the end even the ash carry the same fragrance.

Sun lord

The world is poised to enter a new dimension where in every single human being and every part of nature is going to vibrate on the frequency in tune with SUPREME GOD. The masters known to us as ‘Maharishis’ and to the western world as ‘spiritual guides’ are all working in unison to usher in the advent of new energies which is going to make every single individual to be happy, healthy, prosperous so that all will live in mutual veneration and respect for all forms of life. This activity is going to be manoeuvred and directed through the Sun. Sun lord is programmed for the NEW AGE ‘SATYA YUGA’ and Sun is giving energies needed for SATYA YUGA. If everyone communicates to Sun Lord on daily basis, then one will be aware of his duty for that day. The necessary changes and energies required are already flooding the earth and it is essential for the humanity to co operate with the energies to enter their body, so as to transform to the conditions required. It is the need of the hour that the consciousness of every individual has to rise to the levels required to establish the new age. So it is imperative that everyone who is living in geographical spheres where sunlight is available and sunrise is seen are requested to gaze at the rising sun within first 24 minutes of sunrise and the method is very simple just look at the sun for 2 minutes within 24 minutes of sun rise,

the rest will be taken care by the masters. If one is at a place where sunlight is not directly visible such as in places where there are huge buildings, trees etc, then one can prostrate to Sun lord since HE can see you. Look in the direction where Sun rises and venerate the Sun's rays and stand with folded hands and pray to Sun lord "I know that you are the window of my SELF and grant me appropriate energies needed for the day". What are the benefits of this? Benefits are the following

1. The day's supply of pure 'prana' will be filled in ones consciousness
2. The day's agenda as per cosmic plan will get installed.
3. 50% of the day's karma will be burnt, and the required knowledge to handle the balance Karma will be given in such a way one does not accumulate further karma.
4. The inherent divine qualities will surface and guide one to enjoy the manifested creation the very purpose of our being here upon this earth.
5. Man will live on this earth as we were living with GOD in 'Parabrahma loka', the only difference would be, here we have the body and senses too.

6. Now, is this not a sacred duty for everyone to get involved and evolve the earth and one's SELF simultaneously?

NEVER IN THE HISTORY OF THIS EARTH SUCH A SIMPLE PROCESS HAS BEEN GIVEN AND THIS IS AS ORDAINED BY SUPREME GOD, DIRECTED THROUGH SUN GOD

As a result, a cocoon of energy body will be structured to each individual. This will protect the individual from any situation which he may be subjected to. The new age beings will be operating from the level of the SELF or Atman which is in totality the extension of SUPREME GOD thus the kingdom of GOD will be established here on earth as it is in heaven. The change is here for the good of the entire humanity and all forms of life. Any activity or persons or principles contrary will disappear. The mode is immaterial; the masters will conduct the activity as ordained by SUPREME GOD. The details will be given as we proceed into the new age.

There are 64 different types of rays which are coming from the Sun and thus there are 64 Arts, each person is designed to bring about a particular Art, may be one or two or so on. One being may be good at painting; one may be good in singing or dancing and so on. Every person should pray to Sun, to Master few of these Arts through these 64

rays. Sun will decide which rays are needed for a particular being and are thus given to them. Once an Art is perfected, then one may proceed to Master another Art and so on.

Creation of Earth

The creation of our Earth was brought forth by the creator Brahma, who decided a point in space in our solar system where the energies of life pulsated. In that spot he created our Earth which is placed at specific distance from Sun which carries life giving principles.

The life of our Earth is 4.32 billion years. 2 billion years having gone by and we are almost in the middle portion of earth's life period.

The concept of Vastu was first given to Sage 'Kashyapa', who was given the responsibility of filling the earth with life forms. He by his Tapas, precipitated 12 forms of energies which formed the 12 zodiac signs and he blended with vibration emanating from the stars or constellations in each of the zodiac signs and brought forth all kinds of species on the Earth.

In preparing the human body, the male contributes the soul blended with the Koshas of Ananda, Vigyana and Manonmaya Koshas. This

composite unit called jeeva is placed in the womb of a female, where it finds the necessary material for preparing the body and prepares the physical body using the blue print of mind. Finally when the body is ready, it emerges from the womb and this is called the birth of child. The Soul enters the body with the first breath and the child cries for first time and thus the true entry into house happens with first cry. This is 'Gruha Pravesha' as on entry the Lord Surya (Sun) gives the Prana and this stitches all other Koshas into single unit, inter-spread. Thus begins life. The Life span is given in terms of number of breathes and this is determined by the karmic record brought forward from the previous existences.

Likewise while building of a city, town or village or house, initially one selects the place, you call it site. Actually in every structure there is space. The space in structure is ever changing due to the rotation of earth. Once the structure is completed, the beings enter those structures and start living in it. It is very much like human body, which all parts-internal and external are properly functioning for a healthy living.

The occupants of the house, each one of them carry different forms of vibration .The being of the Home is also a living being, non visible, yet lives with specific needs. This art of interacting with the being and

communicating to inmates is called ‘Vastu’, ‘Vasathi iti Vastu’- the art of living.

The ‘Vastu Purusha’ being blended with electro-magnetic forces vibrates with all the living inmates of the Home. Anyone who is in tune with their own SELF can easily communicate with being in every place- home, place of work, temple etc. There is specific energy flowing in each of the places.

These forces operate in different frequency and it depends on the activity of the inmates. Like, we have physical parts in the body and each of them doing a specific work. Similarly, the energies in different partition of places are meant for different function and this has to be assigned accordingly. This is the principle of ‘Vastu Shastra’

Solar system

The solar system is at the centre of the universe and ‘Sun Lord’ or ‘Lord Surya Narayana’ is at the centre of solar system and universe. HE is the Lord to all other Suns in all other 18 Lokas universes. One must be lucky to be on Earth. Life is not only present on this Earth, but on several Earths or ‘Bhoo loka’ group of constellations. There are several solar systems and several Earth like planets and each of these Earth

have a life on it and it is in different time frame. Some Earths are at the beginning of Kali Yuga, some in Treta Yuga, some in Dwapara Yuga etc and simultaneously everything is happening. There are several Avataras of Lord Krishna, Lord Rama on these Earths. These Earths are in same plane but in different dimensions. Like a company, has a headquarters in a place and branches all across the world similarly there are several Earths in this universe.

Why then is scientific analysis not able to discover these planets?

Since, the science we have now is very infinitesimal. The current instruments to measure the matter in space is not adequate to detect these planets which are in different dimension. The current science is not even capable of understanding the material available in this world. One such example which is applicable here is Climate Science. The climate scientists are not able to define the causes of climate change and the assumption in several climate change studies is that the results are uncertain. It is a known fact that, the science that has progressed in last 10 years was not present in last 100 years. For example, the calamities that have happened in last 10 years were not explained by science discovered in last 100 years. Everything is getting accelerated with the

beginning of 'SATYA YUGA' in 1974 and much more acceleration has happened in last 10 years and will continue to accelerate more with the beginning of 2012. To give another illustration, In the time frame of a day, morning 4 am to 6 am will move very fast and then slowly decrease over the day. This is because the energy levels are different at different time frames of the day. Similarly, the energy levels are also different in different Yugas. If someone is very much passionate, interested in some book, then if even one reads for more than 12 hours, one will not notice the time which has passed. If one is bored of something, the time needed to pass is much more. This is universal law which is applied here. To conclude, it can be said that current science has several limitations and next section highlights this point.

What is Science?

Science is to know certain things through senses. It is fact that physical body is just 3% of human being. If one tries to understand through one's sense, then one can merely discover maximum up to 3% limit and rest is unknown. What about the Astral body?

Each one has another body called 'Astral Body'. Space scientists, have sent satellites in solar system to discover all planets, but they have

discovered very few of them. But, in ‘Puranas’, ‘Vedas’, there are several slokas about several facts of other planets. How then did these slokas in Puranas, Vedas reveal the inner faculties in the human body, by which one can know about other dimensions and worlds without having to physically go to these planets? They knew this fact by making proper use of human brain to discover several things beyond our sense.

Meditation technique

The world we live in is going through a great change for the betterment of the entire creation that includes humans, animals, birds, aquatic creatures, plants, creepers, trees in total all forms of life.

Whatever conditions that are prevailing on the Earth are due to collective consciousness that is expressed by the human beings and is influenced by the previous age of Kali (darkness) Yuga. Now the Masters directed by SUPREME GOD have channelized various forms of energy to usher in the conditions required for the SATYA YUGA. It commenced on April 14th 1974, with a transition period of 432 years. The transition period is for the geographical transformation but the humans have to adapt to new ways of living at the earliest. All the conditions required to adopt to new age principles is already flooding the Earth. All that is required for human beings is just meditate for 24 minutes daily so that everyone will receive the day's agenda and direction to perform the same in concurrence with the cosmic plan. Thus, leading to the SATYA YUGA wherein every single human being will experience perennial Bliss, happiness, prosperity, peace, immortal life. All this will happen because of the presence of SUPREME GOD.

The meditation is very simple. It contains three different activities performed by 3 different Koshas simultaneously is called meditation

1. Body- it is a composite unit of 3 elements fire, water and air
2. Mind- it is in the body and all around us and is made up of a material similar to that of space, but much superior, finer, subtler to that of space .
3. Intellect- It carries all elements of fire without any material source. It carries all the impressions of entire universe in detail.

In meditation, you engage all the three Koshas giving different works to each of them. Sit comfortably cross legged, facing east in the morning with hands clasped together, gaze fixed between the brows, breath in gently to the fullest capacity of lungs slowly and breathe out slowly. Do this for 10 times. Mind which has the tendency to wander, allow it to wander by repeating ‘pranava Omkara’, say it aloud audible only to you, after taking deep breath. Do this for 3 minutes and thus you will hear ‘Om’ resonating from the ‘Sahasrahara Chakra’. Intellect keeps giving forms and ideas so order the intellect to visualise a form of golden yellow lotus suspended in space during a midnight sky with only stars and no moon. Visualise that you are seated in the centre of this

lotus , you see a golden light emitting through the centre of your heart passing through every cell of your body touching the inner walls of lotus petals and deflected back to source i.e. your own SELF- Soul. In the process, every cell in your body will gradually get transformed into particles of golden light. This meditation will change the metabolism of all Koshas to raise the present human being to level of GODs. Everyone will become a Divya Purasha radiating Bliss, extending Love to all creation and thus establishing the SATYA YUGA upon the Earth. One has to start with 24 minutes daily and then extends it gradually to 1 hour in 90 days. Just practice this and it will take care of all your needs both material and spiritual.

Technique 2

The world needs guidance from within, for all external directions given by fellow human beings are blended with their respective ‘vasanas’.

It is necessary for every individual to meditate and get connected to the inner being and the eternal guide. The meditation process being given now been evolved with the Tapas of Vishwa Mitra Maharishi and wisdom of Sage Agastya to suit the needs of the people seeing the condition that are going to occur.

Who can meditate?

Any person above the age of 7 can meditate. The process is divided into two- those between 7 to 14 and those above 15.

Why should one meditate? The sum total of a human being is packaged as below

1. ***SELF or Atma-*** where vision is infinite
2. ***Ananda Maya kosha-*** which is the bliss sheath and it keeps the soul always in bliss, but after acquiring this, our vision of infinity is cut short by half the first limitation.
3. ***Vigyana Maya Kosha-*** which has the record of everything in all 18 lokas, yet this sheath blocks the vision of above.
4. ***Manon Maya Kosha-*** it has the blue print of the physical body and thus physical body is prepared accordingly on the Earth. It has a filter which allows, only the experience required by the Soul. It can travel to all 18 lokas in a fraction of second. Yet it can see only forward and thus the vision of back and below are blocked.
5. ***Anna Maya Kosha and Prana Maya Kosha-*** The physical body consists of five senses, the sixth sense is expressed by use of mind

and intellect. Only with the help of physical body we can experience the manifested creation. The body has in built mechanism to protect itself. Animals use this facility very well, whereas man, being fallen prey to ‘vasanas’ and hence don’t read the signal sent by the physical body system and stuffs the body with garbage and ends up in bin. In Kali Yuga, man’s age is 120 years, where one can live with everything intact, but hardly few people cross the age of 100.

6. Prana is the cementing factor and it stitches all the other koshas to physical body and does it in such a way that every kosha will have access to the Soul.

The body falling to gratification of senses will abuse the body and therefore suffer diseases and leave the body ahead of scheduled time assigned.

This being the situation, would you not like to be guided by the all knowing, Soul? The shift has commenced and it is necessary for all humans to be prepared for the SATYA YUGA so that one is in tune with nature and thus one will respond rightly as programmed.

Duration of meditation – 24 minutes of meditation daily will give you a life 1440 months or 120 years of healthy body and thus reach the full potential of one's age.

The Place for Meditation- any place which is clean, so that fresh air circulates in that place is ideal for meditation.

The direction- If you are in western hemisphere, then face East direction. If you are in eastern hemisphere then face North-East direction.

Seating- Sit in a soft cushion with a white cloth spread on it and exposed this cloth in sunlight daily after meditation and it can be washed only on Thursday.

Posture- 'Cross legged asana', if one is not able to sit down, then one can sit on a chair and keep the legs together.

Trataka(fixing the gaze)- place your gaze gently between the eyebrows with eyes half closed or fully closed depending upon individual comfort

Japa(mantra)

- Age group 7 to 14- Om Divya Jyothi Namah

- **Age 15 and above- Om Sarva Shakti prema kalaya Om namaha**

Duration- 24 mins – anytime between 4.30 to 6 AM

Visualisation – age group 7 to 14- imagine a golden lotus in full bloom at your heart chakra and you are seated in the centre of the lotus in the form of ‘Divya Purasha’ in lotus posture with a smile. Imagine a pure white light all around you.

Age 15 and above- See a ball of golden light as a sphere with the core as white splash of brilliance and imagine golden light all around you. The ball of light gradually grows big and engulfs your entire body.

Light a sandal stick in the corner of the room, preferably in NE direction. Mentally visualise and pray to deity if one worships a deity or else think of Sun GOD.

The Outcome

The natural qualities of the SELF or Soul will be brought forth. The consciousness having its base in the Soul will extend to all other ‘Koshas’. The SELF sees everything in the creation as its own reflection. To cognise this the consciousness uses the ‘Koshas’ which

have been cleansed by your meditation to alter the consciousness to percolate and abide in all states of consciousness (waking, dream, and super consciousness or clairvoyant)

One who follows the prescribed meditation, Sun will be the Guru. The deity will be of one's own chosen GOD. The guides will be enlightened Master's who have been called forth from higher dimensions to bring about the change.

A 'divya purusha' lives in continuous contact with 'SELF' and performs his agenda as per the cosmic plan. One has no doubts about anything and for every moment what one has to do will be revealed by Lord seated within.

In the 'SATYA YUGA' we will have every individual moving in the world as Beacon of Bliss, with smile on his lips, with grace spreading to all from his tender glance, Love extending to all forms of life, for he perceives only divinity in all, everything will fall in its rightful place.

What is the composition of human body?

Physical human body is a replica of entire universe. Each part of the human body is given separate function. As per the cloning theory, with one cell, one can replicate the entire human body, which means every part of the body can do work of other part of body. In the basic structure all the cells are same, but they vibrate at different frequencies and their cells are programmed to perform different functions in the body.

Physical body

It is the most apparent and is one of the forms of manifestation of creation. It is a temple of SOUL. Physical bodies of various persons show range of development under mental control. Therefore, it is the duty of every one to train his body to attain highest degree of perfection and body has to be trained to obey the orders of mind. The physical body is made up of cells, each cell containing a life which controls its act. These lives in the cell are small pieces of intelligent mind of a certain extent of growth and thus enable the cells to carry out their work accordingly. These cells then form a group of cells to form an organ and so on and the central headquarters is the brain.

Astral Body

It is not so recognized as physical body, even though it is closely connected with the physical body. The astral body is known to people since ages. It is composed of matter of finer quality than the physical body, but it is matter none the less. A similar comparison is water, it manifests in several well-known forms such as ice at lower temperature and at certain defined higher temperatures it takes the form of ‘water’ and at still higher temperatures, it takes the form of ‘steam’ which is more or less undetectable to naked human eye. It becomes visible only when it mixes with the air and has its temperature little lowered and this vapour becomes visible as ‘steam’. One can also see Astral body, sometime after the death of a person and sometimes visible to people under certain circumstances. Like that, our body has astral counterpart to physical body and is visible under certain circumstances. One can train the Astral body to travel anywhere in the 18 Lokas.

All our senses are two way channels. Due to our ignorance, we have lost this great ability to make use of this two way channels of the five senses. Everyone has an ear lobe, if one observes it; ear lobe is like a foetus in the womb. If one cuts off the ear lobe, one can still hear, so what then is the function of ear lobe? Nature is not a fool to manufacture one single cell which is not useful for some purpose. The

answer is that, real purpose of ear lobe is for sending information and not receiving information. Has anyone tried to send information through ears? One can send thoughts, words, pictures, images etc through ears.

What about the eyes then? It is concave in shape. The fact is that, for sending information concave lens is used and for receiving information convex in shape. Therefore, eyes also perform the function of sending information. Similarly, other senses. Therefore, one has not utilised the two way channels of the senses which are meant for dual purposes. Also apart from physical senses, everyone has astral senses and all the astral senses also have dual purposes.

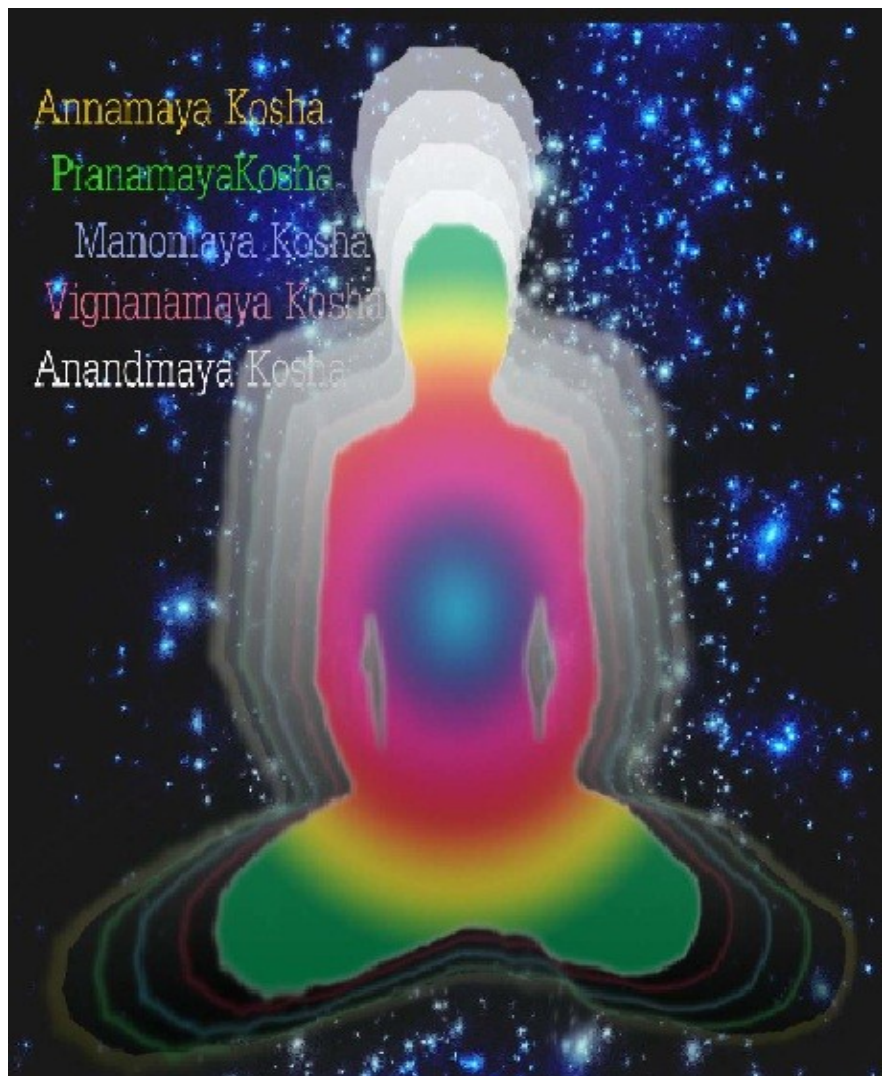
If one touches with the left hand to the right ear, one is activating the right brain and vice verse, and one locks up the astral body and one sits down, hold the breath and comes up take the breath, then one can activate the astral senses through the energies through this ‘Pranayama’. This exercise, the act of sitting and standing in front of Lord Ganapati by holding ears with opposite hands is a process which helps to open the brain cells. However, it is performed blindly as a ritual during the Ganapati Festival, but it has great scientific significance.

Different Koshas

1. Anandamaya Kosha- Bliss sheath

2. Vignanamaya Kosha- Intellectual sheath
3. Manonmaya Kosha- mental sheath
4. Pranamaya Kosha- Vital air sheath
5. Annamaya Kosha- food sheath

Picture showing the different Koshas is given below



Prana

‘Prana’ is the force that binds all the Koshas together and is given by ‘Lord Surya’ at the time of one’s birth. It is a kind of pulsating energy and it operates throughout the universe. It is the cementing factor between the other koshas- ‘Vignanamaya Kosha’, ‘Manonmaya Kosha’ and ‘Annamaya Kosha’. ‘Prana’ is universal energy and is all pervading. We manifest this Prana or vital force in all our actions. It is found in all forms of life from amoeba to ‘Adhi Shakti’. ‘Prana’ is all pervading; it is found in things having life and also found in all atoms. Therefore we call this manifestation as life. It is not Ego, but a form of energy used by Ego. When Ego leaves the body (after death), Prana which is found in smaller atoms disintegrate from the body and prana either can return back to the Infinite source or universal storehouse from where it came or form a new body of new organism. It is not matter, but it is energy which manifest in material form, a cosmic energy.

We can compare this with cement material used in construction of building. This example is basically used to describe unknown from known. Building is our body, Prana is the cement used to bind the materials used in construction. Thus ‘Prana’ is a binding force or energy to hold matter.

“Prana Ayama” means invoking the Prana under the direction of will. When one inhales and hold the breath for longer time, then we use all the oxygen in that breath. Normally when you breathe, you take in 20 units of oxygen and utilise only 4 units of oxygen in the body and the rest is wasted. You buy 4 chapatis and eat only 1 of them; is it not ridiculous? Normally, you skip the deep breathing and thus not utilise the complete oxygen content in the breath.

When a person approaches the last days of life, the Prana starts withdrawing from the feet , then slowly moves upwards and then to Heart and finally to Head, where it splits into two and then moves out of body, then that person is declared Dead. It enters the physical body through the first breath and leaves through the last breath. After death, the ‘Prana’ leaves the body as the physical body disintegrates and is sent back to its original element. Each atom takes with it adequate amount of ‘Prana’ to facilitate it to structure fresh combinations and the unused ‘Prana’ returning back to universal storehouse.

Prana used for healing

Psychic healing, mental healing can be done by various techniques of Yoga exercises. Prana can be directed to relieve pain for healing the parts of the body. One can also heal others who are in far distance also

by sending the sufficient supply of prana to the affected person. It may be projected to a distance so far as to heal any person in any part of the world. The will power of the sender determines the distance to which the prana can be projected and the receiver receives it from air. It is invisible to naked eye and can pass through obstacles, walls, stones and seeks the person attuned to receive it.

One can also form a good Aura of Prana with strong positive thoughts to protect against negativity, diseases etc and enable to resist the adverse thought waves of others and thus enable him to live in peaceful atmosphere even though one is living in inharmonious atmosphere.

Annamaya Kosha is made out of food.

Mind- it is made of material similar to that of space, but much superior to space. It operates through physical body. Through the breath it is connected to exterior and interior of physical body.

Mind has got three segments and they are conscious, sub-conscious and super-conscious

The conscious mind- is the mind which operates when you are awake.

Sub-conscious mind- it carries the data of all your existences of all the previous birth and it records everything. Suppose that you are sitting and some noise of plate occurred in the kitchen, you will come to know that the sound is from your plate and even such data is recorded in sub-consciousness. For normal human being, the sub-consciousness is the state of dream.

Super-consciousness- it is operated at the level of SELF. The super-conscious mind operates throughout the universe. When a soul (Super-consciousness state) wants to communicate, the information percolates through the sub-consciousness to consciousness. When Soul thinks of a person whom you want to speak to, suddenly after some time that person rings up. How does this happen? When one is in Super-consciousness state, you are aware of everything in the universe. Ramana Maharishi was always in Super-consciousness state and He used to come down to consciousness state for functional necessity. Another example- A CEO / President of US or any other country has a hotline telephone connection where he can make call to anyone and also that number won't be displayed on your mobile. Just like that SUPREME GOD can communicate with one and all through super-consciousness and the message delivered by SUPREME GOD simultaneously reaches all, just like an e-mail which is sent to all the

students in a college. Only when we open the e-mail inbox we can read the mail. At the super- conscious level there is no data stored, it is just empty.

The consciousness that emanates from the SELF percolates through the intellect, mind, prana and body. Prana being pure doesn't affect it. But as consciousness percolates the 'vasanas' of intellect, mind and the karma of the body the consciousness gets faded. For one has to be always at the level of SELF or super-consciousness, one has to meditate on regular basis and go to the level of SELF and come out through once consciousness of intellect, mind and body. Every time it comes out from SELF it cleanses the intellect, mind and body. Once these are cleansed, it is the responsibility of the SELF to see that no further 'vasanas' get accumulated and the person who reaches that state is called 'Stitha Pragya' – it doesn't imply static consciousness , but it has become infinite. When it has become infinite, where can it move, since it is everywhere and therefore it is referred to as 'Stitha Pragya'.

All the data of the sub-conscious mind of all the previous existences are stored in our brain cells. When one leaves this body and takes another body, then all this data which is stored is transferred to your new existence just like a hard disk which stores all the data in the computer

and this hard disk can be attached to new computer. Each brain cell has the capacity to store all the knowledge of an entire birth and once we access these brain cell, one will become aware of his previous existences. Therefore, our brain cells are very powerful and humans have trillions of brain cells. Einstein, a famous scientist is believed to have used only 8% of his brain cells and what wonders he discovered!!!

If one be at super- consciousness, then one can use 100% of brain cells and access all the knowledge of all ones previous existences and also other person's existences in this universe. One can reach to super-consciousness due to purity, by being THAT or GOD. All the Rishis are super-scientists. At this super-consciousness level they are stationed and they descend to intellect and mind only to manifest as ordained by SUPREME GOD. They have caused rivers that flow through Yugas serving all forms of life and this only shows their commitment to well being of entire creation eternally. They share the super science knowledge to one and all without patenting them so that all are benefited. Patenting is done only when a person thinks that he has done it, but when one thinks that it is not he who has done the work rather, the will of SUPREME GOD was responsible for the idea, then no person would apply for patents / intellectual property rights.

The space all around the universe is the super-conscious mind. When a person reaches the super-conscious mind he is aware of everything in the universe. The space within you, the space around you and space in the universe is all the same, in texture, nature. But the limitation is the degree to which one is aware of this. If I ask, how much is the space within you. Then if the answer is the lung space, then one is at conscious level and if the person answers that space is universe, then one is at super-conscious level. All this is contacted through the “Soul Consciousness”.

The ‘Pragya consciousness’ is the awareness that one is operating through the Soul and the ‘chaitanya’ which emerges from the Soul is the Bliss from the Soul and is not the Soul itself. The Sunrays might be from the Sun, but it is not the Sun. Thus the Pragya is operating from the level of Soul passes through the ‘Anandamaya Kosha’, ‘Vignamaya Kosha’ to ‘Manonmaya kosha’ and finally through the physical body i.e. ‘Annamaya Kosha’. The ray emerging from the Soul is the same, but changes its nature and capacity based on the limitation of each of these ‘koshas’. When one transcends by way of meditation, and cleanse all the body, mind and intellect residue and thus cleanse the ‘koshas’ and when they become clean, then one is able to reach the level of super-consciousness and become “ Stitha Pragya” and become GOD.

Nowhere GOD has told “I am GOD”, when someone does deed properly and does a job properly, say when you respect divinity, then you are treated as a divine being and when one venerates such a person as GOD, you get those qualities.

Instinctive Mind (Programmed Intelligence)

It is the first plane of mind, and lowest phase and the consciousness is barely apparent. This is predominantly seen in the mineral kingdom and then it grows steadily and some plants also show some elementary form of this instinctive mind. The lower animals are observed to use the instinctive mind which is approximately plant resembling intelligence of lower forms. One is in this stage, until one reaches a degree approximately equal to that of lowest form of human life. Every man has some degree of instinctive mind and all our instincts are derived from this plane of mind. This is useful to man in early stages of development as a child. Many men in this Kali Yuga are more or less having animal intelligence and their minds function more on this plane of instinctive mind. The constant work of repair, replacement, digestion, absorption, removal etc is done by this plane of mind. This mind is controlled by higher planes of mind as explained below. Many refer to ‘animal instincts’ which basically means that person acting from this plane of mind. Many of our day today activities are performed

under the direction of Instinctive Mind. All the hereditary data, karma of all the previous births are stored in this plane and is passed to the next birth. Thus the Instinctive Mind manifests in varying degrees of consciousness, from lowest animals to simple-consciousness in man. As one progresses in spiritual development, one can control this mind through super-consciousness and thus command and control this mind at will.

A dog is very sensitive to sound and fragrance. Any being which breathes parallel to the vision can have strong senses. Humans have breathing perpendicular to vision. The Instinctive Mind is run by the energy of fire called 'Vaishwanaro'.

Aura

It is a kind of light energy emanating from the Soul in the human body. When your Koshas allow this light to pass through them easily then Aura is more. If one is concerned only about one's family, then his aura is limited to his family, if one is concerned about the whole society then his aura is enlarged to society and thus this can extend to infinity. Buddha's aura was 100 miles all around him. No one within 100 miles radius fell sick. This shows the power of aura of Buddha. The different colours emanating from the Soul, represents different qualities in that

person. True light is colourless, and the aura emitting bright light indicates high spiritual development.

What are aura colours?

A black colour substance, absorbs all colours except black and white colour substance, absorbs all colours except white, and rather emits white light. Basically light is colourless, but when light passes through the prism, by the phenomenon of dispersion one can see VIBGYOR colours. Similarly, when the light from the Soul passes through the ‘Koshas’, light disperses and generates colours. Different colours represent different qualities in that person.

Vignanamaya Kosha- Intellectual sheath

It is a like a database and has data of everything of your several births and several other data which we got when we travelled from ‘parabrahma loka’ to ‘bhoo loka’ since we travelled through the seven lokas with Vignanamaya Kosha. Therefore, it has record of the details of all lokas. Only if one asks for data it will give that data else data is hidden. Just like, there will be thousands of books in a library, but at a time one can read only one book at a time. One can also ask the concerned person in the library for a particular book, search it and read

it. Similarly one can access data in any loka through this ‘Vignanamaya Kosha’.

BRAIN

It is physical, similar to a chip in the computer. ‘Vignanamaya Kosha’ and ‘Manonmaya Kosha’ are at different dimension, not physical, but at physical level one can find their source in the brain cells. Consciousness and sub-consciousness are at the level of mind and mind is made of material similar to space, but much superior beyond space. Can you touch the space? Hence it is not physical. You are operating in a portion of cosmic mind which is ‘Manonmaya Kosha’.

‘Manonmaya Kosha’ uses the five senses to sense the physical objects, sends the data to ‘Vignanamaya Kosha’ or intellect. It has the distinguishing factor and thus distinguishes different objects. ‘Manonmaya Kosha’ and ‘Vignanamaya Kosha’ are like clutch and accelerator of a car, when one is pressed, the other one is not pressed, but it works simultaneously.

SOUL

Our soul is finer than a hair strand i.e. very minute; smaller than electron, this is our true identity. It is the centre of infinite

circumference the space and all that is in it is the SELF. One who realises this fact is called 'SELF REALIZED'. It has intrinsic and inherent consciousness. Every conscious being in the universe is a distinct soul, and it must be so, because when a person "A" feels pleasure then person "B" may feel pain. So, A and B must be two distinctly different souls. The union of soul with a gross body is our 'birth' and their separation is 'death'. While our body is a gross structure made of matter, the soul is non-material. An intermediate domain of Mind connects them. Mind is our subtle body, too. It's made of matter but of smallest sub-atomic particles. In our current nomenclature, the mind uses the brain, but is different from the latter. The brain as such is a part of the gross body.

SELF

What is SELF? It is the space with centre as SOUL with infinite circumference and is a sphere. Therefore it is an infinite sphere, which is the space between the centre with SOUL and infinite circumference is defined as SELF. Therefore, there is nothing outside the SELF and SELF realisation is to realise that YOU are everything, the SELF. A clay pot having honey will be ranked higher than a golden pot having poison. Therefore not our outer glamour but our inner virtues make us valuable.

Seven Chakras

The following seven primary chakras are commonly described:

1. Muladhara (Mula aadhara) Base or Root Chakra
2. Swadhisthana (Sva adhishthana) Naval/Sacral Chakra
3. Manipura (Maṇipura) Solar Plexus Chakra
4. Anahata (Anahata) Heart Chakra
5. Vishuddha (Visuddha) Throat Chakra
6. Ajna (Ajna) Brow or Third Eye Chakra
7. Sahasrara (Sahasrara) Crown Chakra



All the Chakras are in the ‘Manonmaya kosha’ and they vibrate in the physical body as plexus and this is the reason why the biology does not mention this. Since one can’t physically test these Chakras hence science does not recognise them. In the physical body, it is represented as mesh of nerve and chakras are the energy that is pulsating through this mesh of nerves.

At the ‘Swadhisthana Chakra’, the energies in the physical body criss-cross each other and they reach the ‘Sahasrara Chakra’ in the brain and it distributes to all parts of the body. From the right brain, the energies come to left hand and then it comes to ‘Swadhisthana Chakra’, and then goes to the right. Similarly for the left brain, the energies come to right hand and then it comes to ‘Swadhisthana Chakra’, and then goes to the left.

Third Eye

It is the intuitional eye, located somewhere between the Agnya Chakra and the brain. When the third eye is activated, one can get direct instructions from the SUPREME GOD. Agnya means ‘instructions’ and thus the name ‘Agnya Chakra’. That is why one applies Vibhuti,

Kumkuma on the forehead. In English language, the area between the brows is called as 'temple'.

Centres where energies can go inside the physical body are the following, Centre of the naval i.e. 'Mani Pura Chakra', centre of the palm, centre of temple i.e Agyna Chakra, centre of arm pits and centre of soles are the spots in the physical body where the energy enters.

What is Ego?

Ego is identifying your SELF as body, mind and intellect.

Journey of Soul

We as Souls, chose to come down from the realm of SUPREME GOD or Parabrahmaha to live in the Bhoo Lokas and experience the beauty of this world, the manifested Brahman, which is a changing reality. Thus, arose the concept of TIME or 'KALA'. 'Parabrahmaha' remains in and beyond time, we Souls embodied in the physical body and are subjected to the wheel of time.

The absolute or Parabrahma conceived to manifest, thus came about the manifestation or creation. The varieties in creation are multifarious and multi-dimensional. To experience this creation the Souls expressed their wish to Absolute so it seemed, but in reality the Absolute wanted to experience its creation and that idea occurred to us simultaneously so we all have come to experience the manifested creation.

The beings that are in tune with nature will not fall sick and those who go against these cosmic laws are subject to cause and effect principles. The systems governing the creations and the beings managing these are not superior to human beings moving on the Earth, for we are all children of SUPREME GOD.

The sheaths or Koshas of Intellect, mind and body acquired by the Souls at different realms to understand and experience this creation, they are equipped with all that is needed.

Though we may be billions in number, we are all only extensions of the One SUPREME GOD. For the purpose of understanding let us take the Sun and its rays as example. Every ray has all the qualities of the Sun and each ray can manifest fully as Sun itself.

Those who have understood this fact have become governors and those who are in the process of knowing are subject to cause and effect principle, commonly known as Karma principle.

Now the world is set for a universal change. Every single individual is going to emerge as a reflection of the Absolute SUPREME GOD and is going to experience HIS presence and live in perennial Bliss, peace, harmony, abundance and splendour.

Nature will be in its full bloom for they receive the energies flooding the earth and it gets translated in full measure as ordained. For they have only in built instincts and not intelligence or mind.

The Souls born after 1974 April 14th are all programmed for bringing about the change. The SHAMBALA City is the prototype of Kingdom

of GOD and is going to take charge of our world and all systems existing in the world are corrupted with Selfishness, altruist, egoist, SELF destructing. All this will get exposed and punishment will occur from within. The Masters have given a long rope and now we have only few inches left, which indicates very little time, left.

The Rishis gave out the SHAMBALA principles to be followed so that everyone can experience the presence of GOD within their consciousness.

The Masters are all getting ready to establish SHAMBALA all over the world. The first one will be in Bharata Varsha, it will be for the world to see and replicate. Every one of them will be unique and the beings will exchange ideas.

SHAMBALA principles

The SHAMBALA principles are given to select Souls and they practice SHAMBALA meditation and sub-sequent manners. Rama is the yard stick for every individual to be in SATYA YUGAs, because people have the misconception that Lord Rama is a myth hence Satya or Truth has also become a myth. Everyone should see Lord Rama in each other. If you fail, then practice SHAMBALA meditation and overcome the ‘arishad vargas’ then meet the same person with a view that the other person is Lord Rama. This is the only way for the humans to evolve and one has to do this for 48 days and the Kingdom of GOD or ‘SHAMBALA’ will be bought to Earth.

The way, the path, the light, the destination is Realisation of your own SELF.

The SHAMBALA principles are the simplest, if you know that it is the very nature of the SELF. It is like wearing the white dress. Initially you will feel difficult to maintain the clean white dress, but later on you will not allow a speck of dirt to sit upon your dress. This is the colour principle which is used for protection. Wear white dress even if one is doing work in agricultural land. One can wear a white pant if one is not

comfortable with white dhoti. White colour absorbs the protective energies of the Soul to the fore front and thus it will be easy to follow the principles of SHAMBALA, for it is the very nature of your SELF. Experience 'Bliss' of the SELF in your meditation and only then you will be able to express Love to one and all. This will give you the divine understanding and one will realise that every particle in and around you is GOD. Thus you will perform your deeds with a spirit of surrender which would give you strength to win over all your enemies. This is the secret to enter SHAMBALA and thus maintain the journey, as it is continuously happening. The Earth is the space ship moving into the Kingdom of SATYA YUGA, where, it is a process of change. The material destruction will also happen and becomes mandatory with people thinking they can own the Earth with some figures. The same is bought and sold by many. But how can the value of land increase day by day? Why should one hold on to particular land?

Every member observing Vishwa Maitri will be used to channel the flooding cosmic energies. The only thing you need is to meditate and just practice whatever you were told by your Guru. He will lead you further and don't worry about time. You can buy loaf of bread with any currency of the respective nation. The Hunger knows that it needs bread and it doesn't know what currency one uses to buy.

You have to be a child to enter the SHAMBALA. They see only a fellow being as a company to play with. They are not bothered about class, colour or creed. Why can't you all be like that in your interaction with people of the world? Carry a smile emanating from the soul, and perform actions and one will see success in every step. Don't worry about other people's reaction, but perform your action in this manner. Those who react are within the clutches of Kali and those who act with wisdom of the SELF are within the Heart of KALKI. The children of GOD are all in his heart, when you see Him in your heart, you have reached SHAMBALA, where everyone will live in peace and prosperity and perfect harmony. The changes will happen gradually. We will live in clusters and all the clusters will merge with each other as sweetness and honey. You will see no difference in the sweetness of honey which ever honeycomb it may be collected from. Why can't you all be like the bee? Always smile, don't get angry, by doing so you are allowing dark forces to stay. Be watchful of every word you utter and don't react, just act. Know that the changes occurring in the SATYA YUGA are for the welfare of the mankind, even destruction of the material wealth. It is just like a child who is holding a grenade, an explosive device, in his hand and trying to pull the pin. What would one do in such situation? Give a slap and put the grenade out of the child's hand and if the pin is

pulled throw the grenade away where there are no life forms. Humanity has deteriorated to such levels that each nation boosts with ego of their nuclear arsenal. One can imagine, every part of the body competing with each other and bloats. In medical terminology it is called inflammation. The injection of anti-bodies is given, which kills the bacteria and this also slowly destroys the immunity system of the body. This body that has emerged from grace of Mother Earth is free from all defects. She has produced foods –vegetables, fruits, dry fruits in the shape of the particular organ so that man can understand and use it to keep that organ intact. Few examples are ‘Raddish’ for Liver, carrot for eyes, a combination of ‘tulsi’ and ‘Vilva’ leaves soaked in water at sunset and kept in NE corner of home and when consumed in early morning can cure diabetes in 49 days, cauliflower for cancer. Those who don’t have cancer must avoid cauliflower for it may cause cancer. Coriander leaves for thyroid- you must wash it well in salt water, expose it to sunlight at 12 noon for 10 minutes and then cook it.

Eat every vegetables or fruits produced by nature in that region where one lives. Do ‘Kalpa Vruksha asana’. All of you will develop resistance to all diseases on this Earth. Maintain regular habits of food, sleep, work. Observe one days silence or ‘mouna’ every month and this will help one to be in tune with the SELF. Walk at least 5-10 kms every

day, drink 6 glasses or 2 litres of water at least every day, eat one fruit daily and do not eat the same fruit everyday in a week. Mediate twice daily for at least 24 minutes each time, read for half an hour any spiritual material. These simple practices can take you long way in reaching great spiritual heights, for we are entering an age where man will be GOD in this age. One has to experience divinity within him SELF and the process of meditation is just that energy received in the smile of a child is equal to the grace experienced by recitation of 'Vishnu Sahasranama'. A child is not affected by the mind and grown up thinks before smiling, but child's mind reflects the Soul and smiles instantaneously. In reality, realisation is a child's play. For the grownups it seems as an uphill task.



This Symbol of ‘SHAMBALA’ was given by the Rishis to Shri Shivananda Bharati in 1982

SHAMBALA

It is a spiritual city, it is located in Mongolia. Its physicality is not in this dimension of this world and thus its physicality is not available to the world. It will be physical only to spiritual beings. Even if someone goes to Mongolia physically, one will not be able to locate it. Only if one is spiritually ready, then one can enter this city. It is the prototype of the SATYA YUGA. All perfected beings are there in this city- The ruling deity is Lord Maitreya, Lord KALKI Bhagavan, Lord Parashurama, other sages etc, Here all are children of GOD, and everyone is equal and there is no concept of caste, class, religion, race etc. Everyone experiences the presence of SUPREME GOD and everyone is controlled properly. Everyone will know their responsibilities and nobody is ordered since everyone gets their program on daily basis.

As the SATYA YUGA is setting in, anyone who is meditating will get connected to SHAMBALA people and they will observe and they will connect from there itself.

Today, for the people of this world to be truthful has become difficult. Is it difficult for flower to bloom? Is it difficult for Sun to rise? Everyone in this world is enjoying the falsehood so much that, you are

challenging the truth. Why people lie or why people live in falsehood? It is because of sheer Ego, ignorance, lethargy. Ego- feeling that I have achieved something. What can you achieve, when the Soul in you is GOD and he already has everything in Him and He can't achieve something new? When Ego is a non-existing thing, why do a mix-flavour and give importance to it and start obeying it, then Ego starts riding over you, and your SELF is treated as servant.

SHAMBALA CITY ON EARTH: SUSTAINABLE HABITAT (NEW CLEAR CITY)

The SHAMBALA CITY is the prototype of the KINGDOM OF GOD. There will be hamlets of habitat and each of these hamlets will be SELF-sufficient in itSELF. Everyone will be in tune with nature and all manifestation will happen simultaneously and everyone will experience the presence of SUPREME GOD. All the trees will yield in abundance and there will be enough food for everyone. The existing physical structure of the world will be reconstructed. This change will happen from inside to outside, as things change from the level of consciousness where the consciousness is the realm that is operated by the Soul. The Mind and Intellect only receive the Vestiges of 'Vasanas' and body

reflects these Vasanas, if the physical body is maintained as sacred, then it will glow as the consciousness flows through it.

Each hamlet will be happily living, as no one in the hamlet will see the other as inferior, but will see the other as reflection of GOD. Each individual in this hamlet will interact with all others and will perform the activity which they like, for the fun of it. There will be nothing called Money in the sense as it exists today and everyone will be in tune with GOD. Me, Mine and such other individualistic criteria will vanish and will be replaced by collective ideals. There will be no calamities such as floods, earthquakes etc in SATYA YUGA and it has a transition period of 432 years. This transition period is for geographical changes to happen, but human beings have to change immediately. Either you are good or dead.

Here (the SHAMBALA city) each person will look upon the other person with a view as how I may help the other with whatever knowledge and wisdom impressed in my being . The governing principle will be, to be in tune with nature (GOD).

In SHAMBALA city that is going to be established, 108 families get to live in 1008 acres of land everyone contributing to the building of the township. In this city 10 percent of the area will be for dwelling, 30

percent cultivable land, 40 percent forest, 20 percent water bodies surrounded by parks, where in children will learn to live in tune with nature and study.

Responsibility is a combination of two words- response and ability. Ours is only to respond all ability is HIS (GOD).When we live in mutual adoration and love, veneration is automatic. Peace and prosperity are only by products.

This golden city will be life giving source.

We should be proud of our nation Bharata (India) for having sunlight 365 days, it is the main source of prana. The same is converted as 'prana vayu' by the trees and given as main food to all the living forms.

The 108 families will live in tune with nature and each will have sufficient land, water, dwelling area and this will take several 100 years to saturate. Since the Souls coming into the SATYA YUGA will be less, the population will be less and very stable and the number of Souls to be born in SATYA YUGA is fixed , the number is around 1 billion and thus only they will be coming back again. Just a crude example- If 10 people are born in the planet in a year, and then 10 people will be dead. Thus the population will be very stable. The nature will become

so tuned that people will look at physical relationship differently and when they are in the company of GOD. There won't be much of sex relation among people. People will disperse all across the planet and will be happy to live in clusters. Between each cluster they will be at least 100 miles of forests. Nature will be in its full bloom and there will be no natural calamities. Since we are part of the nature and if we collectively commit mistakes leading to collective negative energies in that geographical area then calamities will occur. Earthquakes happens, since the plate tectonic below a place responds to collective human consciousness

The prototype of the divine city will be guided by Vishwamitra and Agastya Maharishi. Once the land is located further details for development will be given.

In 'SHAMBALA', everyone wake up at 3 a.m. from 3 a.m. to 6 a.m. they do 'Sadhana'. After Sunrise, i.e. say after 6 a.m. or depending on Sunrise in that geographical location, everyone get into their own activity and no one asks other what activity they have to do since everyone is given specific agenda for the day and they know what each one has to do. There is a centralised energy source above 'Lord Maitreya's palace, where anyone who is inducted into SHAMBALA,

goes inside it and prostrates to Lord Maitreya. HE is seated on a throne of 18 steps and the entire Palace of Lord Maitreya is carved out of single gem, and the palace is 10 times bigger than Indian Parliament and there are 12 different entrances to this Palace . At the top of the Palace there is a gem, it is 72 meters (Circumference) in size. This gem is the source of energy in SHAMBALA and it conducts and guides the life in SHAMBALA. The movement any person inducted into SHAMBALA is directed to the Palace of Lord Maitreya and prostrates to HIM. HE pulls up the Kundalini in our body from Muladhara Chakra to Sahasrara Chakra with a staff in his hand, and thus everyone is in tune within cosmic consciousness of SHAMBALA. Therefore, everyone will know what they have to do and are freely doing their duties. In SHAMBALA every one sleeps between 9 pm to 3 am, during that time everyone will be, one with 'Parabrahma' as it used be in 'Parabrahma loka' , where everyone is one with SUPREME GOD. Here in this 'loka' the difference is that, the manifest and un-manifest happen simultaneously. Between 3a.m. to - 9 p.m., one is in manifested 'Prabrahma'. What people are trying to reach after thousands of years of Tapas, happens daily in SHAMBALA between 9 p.m. to 3 a.m., while one is in un-manifested 'Prabrahma' as 'SUPREME GOD' or 'Brahman'. Then one wakes-up as 'Divya Purusha' and performs

Sadhana. A question may arise, why then, if one is in SHAMBALA, one has to perform Sadhana or meditation? Everyone has rice is their home, but one needs to cook the rice and then eat. If rice is 'Brahman' and cooking is meditation, then one can consume cooked food. If the un-manifested 'Prabrahma' is perfect and pure, then manifested is also perfect and pure. Therefore there will be no imperfectness in Nature in SHAMBALA.

However, in the system in Kali Yuga, even if someone knows what they have to do, they will wait for someone to tell them to what they have to do. Since, we were enslaved by the Aliens- the Evil Forces in the universe, our slavery has gone into the blood. Therefore, we want to be told what we have to do and we never take decisions on our own and we do not want to be responsible for our duties. An example is, the Government does not function properly in India, everyone blames that the politicians are crooks. It is we, the citizens of India, who have elected the Government and many of us, watch TV instead of going and voting or contesting elections. Everyone complains that something or the other, but no one wants to make things proper and find solutions. Therefore, take responsibility individually and collectively change the systems. Another example is Solid Waste; everyone complains that, there is waste all around. Everyone curse and complain about the smell

from the Municipality van which comes and picks garbage. Everyone has the habit of keeping one's own house clean and put Solid Waste in their neighbouring empty plot or across the street. However, this garbage is from your respective homes itself and one should SELF-enquire about the waste which they are generating rather than complain of Municipality van which is picking up their own Solid Waste. Everyone, better clean up their home of waste and make zero waste homes.

The universal consciousness has to descend into everyone. There was an age old practices in our Indian Culture. In many villages, every home used to keep a pot of butter milk, water etc so that if any person passing by is thirsty, he would be able to quench his thirst. We had such kind of society. But in Kali Yuga, one has to buy water which is as costly as milk. Thus the changes are going to happen, first at conscious level and then at physical level.

Physically, a SHAMBALA city will be circular from overall view. It will have a nucleus which will have a fresh water body such as pond, lake, natural one with a minimum diameter of 1km or more. This will take care of all the water requirements. This will have green cover belt of forest of at least 5-6 km on the circumference of the city. They will

have good shade trees, flowering trees. Houses will be built 100 m (initially) or 1 km (later) apart and each house will have max 4-5 persons. Each house will have lots of trees surrounding it. People will come over to middle of city for work .Agriculture lands will be given to every household and they will cultivate their own food using natural organic farming and other sustainable methods. Some changes will happen at genetic level and then all mankind will entirely depend on solar energy for energy and DNA of genes will get modified accordingly.

Each house should have 4-5 cows. Cows give cow dung, urine, milk. Cow dung will be used in bio gas plant to generate electricity. Cows Urine have many medicinal benefits and will also be used to generate electricity. Urine will be used as deterrent for insects in and will help in growing trees. Cow dung will be used for making houses and its cooling effect benefits will be used. Cow dung will be used in Homa and Puja. Homa farming is adopted for farming with specific “AgniHotra” mantra and it can be chanted irrespective of caste, creed, gender, religion etc.

Each household will grow trees, fruits, vegetables and will be self sustained. Each house will contribute to the centralized grid.

What is the difference between thought and feeling?

Thought emerges from mind and feelings emerge from soul. Some examples of feeling are Love, Happiness, and Freedom. As an example, consider a movie theatre- If feeling is electricity, then thought is the film, the intellect is the picture. Love is a feeling and is not a thought and it emanates from the level of soul and Bliss it retains and it gives out Love. Bliss is like a flower which spreads the fragrance and retains the honey. The bee picks up the honey and in return pollinates the flower without disturbing the fragrance and allows the flower to alleviate itself to become seed and this in turn becomes a tree and this cycle of nature goes on. This is 'Nature' and everything in 'Nature' has got a purpose and no creation in the 'Nature' is useless. If humans ignore this fact and believe that they are superior in mind and intellect and destroy 'Nature', then the balance in 'Nature' will be lost which leads to repercussions.

A policeman will not stop a person who is going on a road at 40 kmph, wearing a helmet and following all other traffic rules. Only if he violates the traffic rules, he will be caught by police and appropriate

measures will be taken legally. Similarly if one does not follow the natural laws, then nature responds to it.

Differences between living and existing

Being and doing whatever you want and whenever you want is living. Children are the masters of their mind, they study, play, sleep according to their wish. Jesus Christ gave a message to the world that ‘Be a Child to enter the Kingdom of GOD’. That is how every individual needs to be. When Christ was addressing one of his disciples HE said that “Blessed are the ones with pure heart of child only they will enter the Kingdom of GOD”, then the disciple asked “what do you mean by purity” Christ replied “as Pure as a Child”. Child represents ‘purity’, women represents ‘divinity’, man represents ‘GOD’. Therefore give respect to each individual. Everyone seeks Spiritual Masters outside and wants inputs from HIM, but rather, if each individual seeks his divinity within it is much better than seeking external Spiritual Masters.

Relationship

Why are relationships such as between husband and wife, brother and sister, grown up kids and parents and much more strained these days?

In this Kali Age, everyone in any relationship looks at what they will get out of that relationship. If one reverses this situation and thinks that “what can I contribute to the relationship, then most of our problems will be solved”. Parents think that when the child is grown up they will take care of them in old age. But, they have forgotten that. Child is pure, since GOD has chosen to manifest Himself in the form of Child. It is evident everyone admires its purity. If one sees GOD in children and bring them up with Love and care, worship them, and children they shall automatically look after their parents.

In SATYA YUGA, every relationship will be divine since everyone is divine. If one has experienced the Bliss of SELF only, then one can express Love.

Sleep

Ants do not sleep, they work for 24 hours. What makes the ants work for 24 hours? Why do human beings sleep? Answer is that, since the SOUL is exhausted with the limitations of human body & mind we go to sleep. The Sahasrahara Chakra is the realm of SUPREME GOD and the SOUL slips off into Sahasrahara Chakra while the body is at rest. When one observes a child, when it is playing for all day, then suddenly

it sleeps off, since the child does not have the activity of mind, it slips off easily, and goes into a Samadhi state very easily. With half an hour sleep a child gets fully rested (yoga nidra) and again continues playing. Therefore, one needs to sleep, whenever we need to sleep and not when we want to sleep. We need to sleep whenever the SOUL is tired of the limitations of the body & mind. When we sleep off, we wake up in some other body in some other world, just like we close the shutter of a shop here and come back home and do our duties at home also. In this Kali Yuga, everything has become like a regime, one need to sleep at a particular time, wake up at particular time, eat during particular time like lunch break, etc. However in the SATYA YUGA, new program will be given and everyone will get their own agenda for the day and everyone selflessly performs their duties.

What is the importance of Bio-diversity?

Every species has got a program to perform in 'Nature'. A simple example is An 'Ant'. It is active for 24 hours and it makes holes in the soil, picks up soil particles and keeps it aside and all other Ants follow this. As a result during rainy season the water percolates to groundwater. Therefore 'Ant' is an invisible 'Rain Water Harvester' of 'Nature' for humanity. An insect which is seen near tube light in home

during rainy season and its life is for few hours to a day. We can see these insects getting attracted to tube light and they perish in few hours. The origin of this insects is that, it comes from deep down the Earth and lays eggs deep down the soil and in rainy season when these eggs mature and hatch and thus come to Earth's surface and thus helps in 'Rain Water Harvesting'. This insect also allows space for roots of plants, trees, grass to penetrate. These are few examples to show how different species help humanity. Without these species there wouldn't have been good rain water harvesting and humanity would not get fresh water from below the ground. Thus every species in 'Nature' helps each other and thus maintains the balance.

The question is How to acquire this knowledge of 'Nature'? All this knowledge is inherent in us. By knowing the SELF and by getting rid of ignorance, knowledge can't be acquired. Every cell in the brain has the capacity to hold trillions of GB of data. Thus knowledge is already there within us and if one removes their ignorance, then one can access such Universal facts.

SANATANA DHARMA

The society today is being driven by leftover ideas of several invasive forces, hence the problems of the present world.

So what do we do?

Look within seek guidance from the store house culture steeped in truth leading everyone to the Eternal abode of Peace. Sanatana Dharma is a code of ethics, a way of living through which one may achieve [moksha](#) (enlightenment, liberation). Sanatana Dharma represents much more than just a religion, rather, it provides an entire worldview. A way of life, with a logical and rational view of reality

"**Sanatana**" is a Sanskrit word that denotes that which is **Anaadi** (beginningless), **Anantha** (eternal), that which is perpetual and everlasting. **Dharma** is from *dhri*, meaning to 'hold together' and it means "Natural Law,"- those principles of reality which are intrinsic in the very nature and design of the universe. Thus the term Sanatana Dharma can be roughly translated to mean "*the natural, ancient and eternal way.*"

Sanatana Dharma was designed by the Sanatkumaras on request from the creator Lord Brahma. Sage Sanatkumara was one of the Four

Kumaras, the four Manasputras (mind-born-sons) or spiritual sons of First Brahma. The Four Kumaras or Chatursana are the four sons of Lord Brahma named Sanaka, Sanandana, Sanatana and Sujata. HE Lord Brahma asked the Sanatkumaras to devise a method of living upon the earth, as he observed several billion souls rushing towards Bhu loka group of constellation, saying let all the souls' experience all they want in one birth itself and return to Their Home Parabrahma loka.

Thus came about the Sanatana Dharma, it was observed that whatever activity human beings indulged in, were for experiencing happiness or pleasure, and all these activities can be categorised in four headings

Dharma (righteousness), Artha (material possessions), Kama (fulfilling desires with respect to all senses) and finally Moksha (liberation or desolution of desires) and thus be free and leave to our home Para Brahma loka.

Every human being goes through four stages of life

1. ONE is a child till the age of 12, since it takes 12 years for the brain and all the sense instruments to develop fully. Then, a child can start learning.

2. Between the age of 12 to 24, is in “Brahmacharya Ashrama’. Ashrama means a place where shrama, disciplined work, is performed .One is placed in the custody of an adept teacher who will prepare the pupil in ways to acquire skills to achieving the ordained agenda in the proper way. For the Brahmachari, celibacy is his strong point, discipline is his norm, and devotion to his Guru is his duty. One will receive all-round education which will bring out the best in the pupil and he or she will be a vibrant embodiment of GOD fulfilling all ones desire, within the frame work of dharma. Hence one acquires all the skills, knowledge of life. In “Brahmacharya ashrama’ one will learn about Dharma (righteousness), Artha (material possessions) and how to reach Moksha(liberation or desolution of desires).

The details are embedded in each ones consciousness, the moment one seeks all the details will emerge from within, step by step. In short the message would be to “live in the eternal now” be guided by the SELF your GURU the higher consciousness, then you will come to realize that its GOD who chose to manifest as multibillion souls to experience HIS own manifested form THE CREATION.

3. Between the age of 24 to 48, is “Grihastaashrama”- After entering this ashrama, one will fulfil his desires- Artha, Kama (fulfilling desires with respect to all senses) and do this with the knowledge of Dharma and Moksha. When this is done, then one is perfect. Grihastashrama as the pivot of all other Ashramas. People in the other three Ashramas also depend on the Grihasta for support and sustenance necessary to carry out their individual duties.
4. Between the age of 48 to 60, is “Vanaprasta Ashrama”- Why it was called Vanaprasta is because, In olden times, when one goes out of the village, one would find forest, however, this is not the case now. They were accessible to their children from the city, town, village and they used to put a hut there and do their Sadhana. Once in a while their children used to come to their hut in need of guidance and slowly the number of occurrences of visits came down. During this time, he hands over the responsibility to children since they would have grown up by this time and hopes the children to be SELF sufficient and independent on themselves and need to be left behind. The person retires usually from worldly attachments to lead a life of contemplation and meditation alone or with his wife.

5. Sanyasa Ashrama- is the fourth stage. This means 'Samyak Nyasa' - 'Total detachment' from worldly pleasures including the bare requirements to survive. 'Sannyasa' is formed from the word nyasa, which means a trust. For a householder, a house is only for him and his family, however a sanyasi has nothing that belongs to him; he is only the trustee. This means that his mind, feelings, the might in his body, intellect – all these must be for others, not for himself. Sannyasi was holy on account of his penances, renunciation and universal service to humanity another meaning for the word is soonya asi i.e everything is nothing and in nothing is everything.

Therefore each Ashrama has a particular Dharma and this is called 'Sanatana Dharma'

Once a King asked a Sage as to which Ashrama is the best to reach Moksha? Is it Sannyasa Ashrama or Grihastaashrama the best to reach GOD? The sage replied saying that, he should come along with him and he will show him real life demonstration. Then the sage and King went as a commoner to neighbouring kingdom. There was a 'Swayamvara' going on. The princess was unable to find the right man, so she was searching very thoroughly. Then a Sadhu who was tall, handsome, majestic was standing at the corner of the street and silently watching

the events. Then princess eye fell on the Sadhu and she liked him and said that she would marry this man and placed the garland around this neck. Then the Sadhu, being in Sannayasa Ashrama had given up all the material comforts, he rejected this offer and moved in a haste into the forest, the princess tried to follow him. Then the disguised sage demonstrated this live example to the King. But the question still remains, Is Sannayasa Ashrama or Grihastaashrama the best to reach GOD?

Then Sage and the king followed the sadhu and the princess into the forest and darkness descended as night set in. They along with the princess settled down under a tree. There was a bird couple nested above the tree and the sage told the King that, he shall give him ‘Anu Graha’ so that he shall understand the language of the birds. And this was the conversation of the birds. Female bird said, *“Guests have come to our home and they are shivering due to chillness go and bring a burning faggot and place it before them”*. This was done by the male bird.

Female bird said that

“the guests must be feeling hungry and therefore I shall fall in the fire, so that they can consume my body which can be filled to quench their hunger” Male said that *“Oh, your flesh alone will not be sufficient to them, therefore I shall also fall into the fire along with you”* Thus both

of them jumped into the fire. Then the Sage asked the King “Did you get the answer to your question?” The King was astonished. Therefore, no Ashrama is superior or inferior to reach GOD. If one is a Sannyasi, he has to leave all the material comforts and if one is a Grihasta he has to make several such sacrifices in life and then only he shall be able to move into the next Ashrama. Therefore each Ashrama has a purpose and rules to follow. One should do their duties according to the Ashrama to which they belong.

The word ‘Hindu’ was given by Muslim invaders from Persia. The word Hindu is derived from the Sanskrit word ‘Sindhu’ a river in North India. The word Hindu was first used by Arab invaders and when they went back to their native land in Arab countries they referred to the land of the people who live across river Indus. The word Hindu is found, of course, in Persian literature. Hindu-e-falak means ‘the black of the sky’, also ‘one who does not do any work’. Persian dictionary titled Lughet-e-Kishwari, gives the meaning of the word Hindu as “chore [thief], dakoo [dacoit], raahzan [waylayer], and ghulam [slave].” In 18th century the European merchants and colonists referred collectively to the followers of Indian religions as Hindus. Thus the word ‘Hinduism’ became prominent only after 13th century and the word ‘Hinduism’ was never given in any of the Vedas, Upanishads, Puranas. We

INNOCENTLY ACCEPTED this word 'Hindu' given to us by outsiders. We are followers of Sanatana dharma and our nation is BHARATA not INDIA.

Today, the society is divided as Hindu, Muslims, Christian and many more. The Christianity religion was started when St Thomas came to India on the west coast and spread the Christian faith among the Namboodiris present in Kerala at that time. He is supposed to have landed at the ancient port. First set of people whom he converted were Namboodiris the noble priestly class. He saw the Namboodiris who were offering water to Sun standing in a stream, and then asked them as to why these waters are not reaching Sun and just falling back into the stream in the water. Then he made the offering and the waters rose up in the sky and thus Namboodiris were stunned and got converted to Christianity and the Christian faith grew in India.

Maharishi Vishwa Mitra incarnated as Jesus Christ and he came in the age when the rituals, blind faith, untouchability etc were very prominent. St Thomas was one of the "Twelve Apostles" and wanted to remove the ill-social practices in India. How can one call anyone as untouchable? Even If these are born from the feet of Lord as told in

Puranas, then is the foot of the Lord untouchable. These abuses of the caste system in India are very prominent.

Many castes are traditionally associated with an occupation, such as high-ranking Brahmins; middle-ranking farmer and artisan groups, such as potters, barbers, and carpenters; and very low-ranking "Untouchable" leatherworkers, butchers, launderers, and latrine cleaners.

The four varna (groups) sprang from various parts of the body of the primordial man, which Brahma created from clay. Each group had a function in nourishing the life of the society. Brahmins, or priests, were created from the face. They were to provide the intellectual and spiritual needs of the society. Brahmins are usually expected to be nonviolent and spiritual, according with their traditional roles as vegetarian. Kshatriyas - warriors and rulers were derived from the shoulders hence they have the primary duty of shouldering the responsibility of the wellbeing of the society. Kshatriyas are supposed to be strong, as protectors and rulers. Their role was to rule and to look after others. Vaishyas- landowners and merchants were derived from the region of stomach, and were entrusted with the task of business. Vaishyas are proficient businessmen, in accord with their traditional activities in

commerce. Shudras- artisans and servants came from the feet. Their task was to perform all manual labour. They are often described by others as tolerably pleasant.

These are symbolic and the division of the people based on the caste system which was horizontal and not vertical and thus there was no caste which was superior to other caste, but co-existed and mutually every caste members served different purposes in the society. It was just like the railway bogies, where the first bogie and the last bogie reach the destination at the same time and similarly all caste divisions were horizontal and thus they co-existed in harmony, with no caste superior to other. However, with the advent of the British, they made this caste system from horizontal division to vertical division and thus came the concept of hierarchy and superiority amongst various castes.

Brahmans were not supposed to wear upper garment. This was symbolic, a person wearing white shirt, Stethoscope in the neck in the hospital is identified as a doctor, a lady with white cap is a nurse similarly we can identify a person as Brahmins by looking at him. A shudra used to come and ask the Brahmins as to which crops to sow in particular season and Brahmins used to make calculations and give him proper guidance. The system was such that Brahmins should not have

possessions. They cannot cook food but ask 'Bhiksha' by visiting five houses every day, ask 'Bhikshandehi'. Bhikshandehi is associated with Brahmans who restrict themselves on asking for 'bhiksha' or alms from only 5 households. They live on what they get from them each day. They recite '[Bhavathi Bhikshandehi](#)' and [Gayatri Mantra for 108 times](#) and if they do not get any 'bhiksha' from these five household, then they have to fast that day- taking it as the will of GOD. The society felt that it was their responsibility to feed the Brahmans since they gave them knowledge, guidance etc and thus the balance in the society was maintained.

Brahmans

In the earlier era the health and education aspects in the society was looked up by Brahmins. They had the knowledge of medicinal herbs and they used to treat the patient in a holistic manner. If one part or an organ of the body is not functioning properly then they used to diagnose the cause and give prescription to the disease so that it cures the disease and also does not affect the functioning of other organs. The present medicinal system does not guarantee that a treatment for one disease will not affect any other organ and in most cases one disease leads to other and finally to death of a patient. However, that is not the case with treatment from medicinal herbs. The Brahmins had the knowledge of

several millions of medicinal herbs to cure any disease and in return they accepted fruits, vegetables, Godana or whatever people gave in return and they never charged money for their service and thus the society respected them since they took care of entire society's health and educational needs.

However, After Mahabharata warfare, during the time of King 'Prarikshit', one of the Brahmins made a mistake. In return for his health service he asked for money instead of the cow being offered as 'dana' saying '*There were lot of cows in his house, therefore please give him money instead of cow*'. Since that time, the problem started and thus the imbalance in the society slowly started creeping in. In a scooter tube and tyre, there should be only air in it or else one will have to push the scooter to fill up the air and one can't say that instead of air, I will put something else. Similarly the functional divisions in the society are supposed to perform their respective functions as ordained else it will lead to imbalance.

A Brahmin should never aspire for money. He should only aspire for knowledge and wisdom. A best example was Story of Lord Krishna and Kuchela. Kuchela was Lord Krishna's friend and he was very happy to meet Him. Lord Krishna was very happy to meet him and when

Rukmini asked Lord Krishna “Why could you not have gone and helped him, since you know your friend’s situation”. Lord replied saying that “I wanted Kuchela to come to my home so that; our home gets blessed and purified”. Kuchela never asked anything from Lord, but Lord gave him everything he needed. Brahmins were respected even by GODs. Atri Maharishi was father of Lord Dattreya, Kashypa Maharishi was Dhasharatha’s and he gave birth to Lord Rama. The Rishis were needed for Lord’s to be born on Earth. In olden times, Kings used to take care of the material requirements of Brahmins and they were supposed to impart knowledge to entire kingdom.

In SATYA YUGA, there will be no concept of Caste or ‘varna’ since only the ‘Sanatana Dharma’ was given to us by the masters and not the caste system. The functional identities of Brahmans, Kshatriyas, Vaishyas and Shudras would cease to exist and principles of ‘Sanatana Dharma’ will be established and everyone shine as a reflection of SUPREME GOD, SELF in SATYA YUGA.

Most of our traditions and culture are more scientific than the current science.

Why do people in rural areas put cow dung in front of their house?

The cow dung that is spread in front of the home, once it dries up, gives a specific kind of energy that will not allow the virus to enter into the home. How do we confirm this scientific fact? Take two infrared picture of a home one from outside the home and one from inside the home and compare the home with cow dung that is spread in front of the home and a home without cow dung spread in front of the home. One can observe less activity of viruses in the home which had the cow dung spread in front of the home.

Why in older times, we had a culture of washing the feet before entering the home? Why all the houses had a facility where they kept a bucket of water to wash the feet before entering the home? This is because by washing the legs the negative energies that one got from outside the home gets cleansed.

Why do we put Rangoli?

In older traditions, every home used to decorate their home entrances with Rangoli of rice flour/ atta or some other flour powder. This is because this rice flour/ atta is food for the ants, insects so that these ants, insects would not enter the home in search of food. Therefore one has to decorate their home entrances with Rangoli of rice flour/ atta and not Rangoli made of chemicals.

Why where houses made of cow dung?

The houses made from natural material available in that geography such as cow dung, twigs, straws, dried leaves, mud, wood, stones etc are in tune with nature and draw greater energies from the nature. The cow dung absorbs the positive energies and deflects the negative energies. Negative energies here are meant by rays of the sun which are harmful to human beings.

Why is cow sacred?

All the refuse of the cow- milk, dung, urine has great value. The horns of the cow are like antenna and they draw in positive energies. The cow's internal system is designed such that it converts all the inputs and delivers the output such as milk, dung, urine which has great value and

none of the outputs are a waste. Compare the milk drawn from the cow with and without horns. While milking the cow, take a pendulum near each of the cow and observe which pendulum oscillates more. It is the cow with horns that the pendulum oscillates more. Therefore, the cow with horns gives milk which is of great quality and quantity. Since the cows, takes in all the cosmic energy through the horns and sends it through the blood stream and down to the milk. One should not misunderstand the cow with horns will hurt other beings; this is not the case since cows hardly hurt anyone else when one does not poke them. Humans should not think of just our convenience, but rather think of the inconvenience of other beings on the Earth. The cows should also not be tied to a place and not be fed with cooked things but they should be allowed to move freely and draw in the cosmic energies from air and Earth and eat natural food available in nature. It eats the grass, which is fibre and this form the dung which is manure for the trees, crops etc. It drinks water and then forms milk, urine which has great value and which is the best pesticide for the crops.

These few examples show that each part of Nature has great scientific value.

Health

The physical body is made up of five elements of nature and mother Earth exposes her children to Father Sun every day and through 5 senses, so that one's body will get charged and fit to be on the earth. So do not seek the opposite. Eat all the vegetables, fruits and grains that grow in the respective area to live a healthy life and feed the body seeking guidance from the body. A stray dog fasts once in month and eats 'durva grass' and vomits the bile out and drinks lot of water. Why should we not do the same? 'Ekadasi fast' is prescribed by 'SANATANA Dharma' for the very same purpose. Till the age of 49 one should choose, the 'Ekadasi' falling after new moon, and from age of 50 after full moon and this practice will render one to be healthy, wealthy and peaceful till one chooses to change the body.

The 'nirmalya' of 'vilva' leafs from the Shiva temples or even just placing it in front of the mirror does the job along with its inherent properties. The 'pradosha' on the following days give the results as relayed below. Monday= hyper tension; Tuesday = blood pressure; Wednesday= mental disorders; Thursday=diabetes; Friday = obesity; Saturday= all 'prarabda karmas' and genetic related; Sunday= will give liberation or enlightenment.

One needs just to collect the Vilva leaf the next day after ‘pradosha’ and soak in water. Daily change the water and drink it with one viva leaf (set of 3) 3 times daily for a fortnight or 15 days starting from new moon or full moon day as the case may be.

Eat uncooked things in the morning and night. Have cooked food for lunch only. This will guarantee one full ‘ayush’ as per the yuga. In kali age one has to live for 108 years, we don’t even last half the period. Now we are in the ‘sandhi kala’ of the ‘Krita/SATYA YUGA’ and average age will INCREASE by 12 years every century till we reach an age 432 and height of 27 feet.

Diseases

If we withdraw the space element from the universe, entire material in the universe will be less than a needle head. The science of today recognises and agrees to this fact that all beings in the universe are connected to one another in some or the other way. If some calamity happened in Japan, one can’t say that, it is for Japanese to worry about it but rather entire humanity is collectively responsible for such calamity that happens anywhere on Earth. The human body was created by the Absolute or SUPREME GOD with materials that replicates all

that was created in the universe. Therefore, if human beings are harming the Nature, then some such bad incidents will happen to human physical body also.

Now we have depleted the trees in the nature on Earth for Selfish needs, the resultant effect is the cause of diabetes in human beings. A brief explanation of this fact is that, trees fix hydrocarbon in the atmosphere. Since large scale destruction of trees has happened, the important task performed by trees of fixing hydro carbons has also diminished. Thus the excess hydrocarbon in the form of sugar is being stored in the human beings. This is the root cause of diabetes. Therefore, Earth is a replica of our own body and since humans have collectively denuded the Earth of the trees, its effects are seen in our own human body. Therefore if any element is misplaced in the nature (if natural cycles are changed) also called as ‘metabolic drift’, then that effect is felt to those who are in nature. Thus the displaced element in nature get into human body and in this example of diabetes, the pancreas does not produce the sufficient insulin needed for the human body and its function is affected. Similarly all the diseases are manmade and one can trace it to one or the other such reasons. Example- if one has a fracture hand, the doctor advices the patient to put bandages for 3-4 weeks and thus patient keeps his hand without movement for 4 weeks. Then even after

the plaster is removed the patient still feels that his hand is stationary and will not be able to freely move his hand. Similarly, in case of diabetes, the pancreas also does not produce necessary insulin because metabolism in the body has changed and produces less amount of insulin. Another Example to illustrate this fact, if there are 4 people in the home, then housewife prepares food for 4 people only and if there are 10, then she cooks food for 10 and if she is alone, she cooks accordingly. Like that, our human body also responds to changes in nature. Therefore, nature is reacting and thus all the diseases on the Earth are manmade. The human body is perfectly designed by SUPREME GOD and all the defence mechanism and all other necessary elements needed for proper functioning are already present in human body.

The latest medicinal system of Antibiotics is destroying the human body system even more since injecting Antibiotics is causing other side-effects in body. Initially, smaller dose of Antibiotics is given to patient, and then patient's body gets immune to this dose of Antibiotics. Then doctor advises higher dose of Antibiotics and again patient's body gets immune to this dose and creates more severe problems. Finally, at a particular point of time, the immunity system collapses.

Solution to Diabetes

Best solution for diabetes is to walk 5km everyday in early morning. Second, don't eat fried food, eat simple food such as rice and sambar, salads, and take honey and no sugar. Eat rice without removing the bran because by eating the quoting of the rice will cure diabetes. Reduce carbohydrate intake, eat chapattis. After sunset no intake of curds and Night preferably only fruits which are not very rich in sweetness- no sapota, but papaya is best and eat sour fruits and gooseberry juice. There is medicinal herb called insulin herb which will cure diabetes, when the leaves of this herb is eaten and when sugar is consumed then one feels that one is eating sand instead of sugar since the sensation of the tongue is changed due to consumption of this herbal plant leaves.

Another best cure for diabetes is befriending a 'tree', interact with a tree. The tree has got an aura four times its size and a tree planted outside the house gives it pleasing aura effect to people living inside the house. Trees are beings and they are not mere standing statues and one can give names to trees and talk to them. A tree with characteristics of seed which look like helicopter blades, that tree's leaves is used for treatment of diabetes

What is AIDS?

It is a disease given by the Nature, to remind humans of their moral responsibility and lead a moral living. The argument here is that, we shall make use of condoms and contraceptives etc and continue having sex immorally. How did this AIDS come into picture? Its origin can be traced in Africa, where people had sex with animals and thus this spread across humans. Is this a moral act?

How does a cancer originated? Suddenly one cell decides that it shall not work and perform its duties. Example – In a team of 20, if three persons refuse to work, then others also feel that they also should not work and thus leads to more complications in team, and then finally the entire team breaks down, and is the end of the mission. Till today, no one has found the reasons, as to why the first cell stops functioning. There are several herbs which treat different diseases and only few are known to mankind through Ayurveda. (VEDA means knowledge, AYUSH means life, Ayurveda is knowledge of Life) Most of the herbs are buried deep below the Himalayas during previous Yuga. This knowledge will be given to human when they are civilised and this shall happen in SATYA YUGA, since in this age of Kali, people are abusive and patent all the ideas. How can one patent Nature? It does not make any sense since Nature is universal and it is for everyone!

The herbal medicines have grown on the Earth in all the places where great MahaRishis have meditated for several years in several Yugas. Once that place is fully charged, they relocate themselves to other places on Earth. Such places where they have meditated and lived have led to the growth of medicinal herbs on the Earth. The sound energy produced while meditating gave birth to many healing medicinal herbs and these have different characteristics to heal different diseases. If one resonates with positive sound energy (mantra), then one does not require any medicinal herbs to cure diseases.

What is mantra? That which churns the mind is mantra. After all, any disease first appears in mind and gets manifested in the body. When one is going to get fever, what does one feel? Suddenly one feels not to eat anything. Then you feel thick coating on the tongue and everything tastes bitter. This indicates that, the body is sending a signal to the mind to attend to the changed condition in the body. Actually, if one has fever, the best medicine is not to eat anything, just drink hot water and juices. If mind does not listen to body and takes medicines, it only aggravates the problem since the mind, in this case is not responding to what the body has to say. If a mother is away from child for few days, one can please the child by showing mother's picture for few days. But this solution doesn't work for long, as the child demands to be taken to

his mother. Similarly, instead of finding temporary solutions, it is best that mind listens to body and diagnose the root cause of the problem.

Therefore, the best medicinal system is, to have a rejuvenated life. Everyone should get up 1 hour before sunrise and then physically walk daily at least 5-10 km amidst nature and not in the room on a treadmill.

Diet

Physical body is sacred because it is the seat of the Soul. When one is eating food, he should treat the food as ‘Neiviedya’ offered to GOD since no one offers filthy food to GOD. Our Diet should contain as far as possible uncooked things such as fruits, vegetables, sprouts, dry fruits etc. Our stomach and teeth are designed for the intake of raw food. Since, humans invented fire and started cooking food and it is difficult to shift back to raw food suddenly and some may argue that humans have progressed and we need not go back to eating raw food. However, scientifically, the human teeth and stomach are designed for raw food and stomach can assimilate raw food the best. Gradually one has to wean away from eating cooked food. If one eats only uncooked food, even stools will not stink.

Agriculture is culturing of crops. The seeds are primary food for the birds. It is an observation that, when a bird eats grains such as wheat, paddy, its stomach (kitchen) will digest it fully because bird's digestive system is designed for eating seeds. To quote an example, Pigeons eat water melon seeds and when it excretes seeds don't come out intact, however when man swallows water melon seeds, the seeds will be excreted as it was consumed. Take a spoon full of ragi; consume it without chewing and one can observe that ragi will come out as seeds since they can't be digested by our stomach. But the birds have a digestive system which can intake seeds and digest it to produce energy. To conclude we can say that, SUPREME GOD has designed different types of digestive system (kitchen) for different species

The sources of energy or 'prana' for human body are food/earth, water, fire, solar and air/ether, however, we only use food as the prime source of energy and we are not utilising the energies from other sources. In SATYA YUGA, everyone will use the energies from all the sources-food/earth, water, fire, solar and air/ether and one need not to depend primarily on food. One can draw energies directly from the Sun in the SATYA YUGA and live on any of the sources of energy. Trees, plants will yield wonderful fruits, vegetable, roots and one can consume them. This will happen gradually and shall take several years, since our minds

are comfortable in drawing energies from food and one need not have to force the mind to shift to other sources immediately, but will adapt gradually.

Concept of ageing

Ageing is the concept of the mind and not that of the body. There are ample examples of people who lived for more than 150 years in India with all their teeth intact and other parts of body. If teeth, hair etc fall off, then they shall erupt again since their cycle is 60 years, but this can happen only if one follows natural diet for entire 60 years.

In Kali Yuga, the age of the human was 108 years, but due to several ill practices one was not able to live even for 60 years. Previously before 19th century, people used to walk nearly 20 Km daily, however, in 21st century; people hardly walk for 1 km daily. Thus the mind is conditioned to such practices in 21st century and thus the ageing happens soon. In 'Krita/SATYA YUGA' average age of human being will INCREASE by 12 years every century till we reach an age of 432.

Poem

Live like a Sage

Lead like a general

Obey like Anjaneya

Smile like a Child

Love like a Mother

Give like the Clouds

Retain Bliss, radiate Love

By Vishwa Mitra Maharishi to me (Shivananda Bharati)

Land and Oil fields

Lot of land masses will go under the sea and lot of land masses under the sea will come to the surface. Crops will grow in the Arctic region; Sahara will become a fertile land since water table in this region will rise gradually. All the oil that is extracted from beneath the Earth has created hollow and everyday millions of gallons of oil is extracted from Earth. We have disturbed 'Nature' and this will create a chain of earthquakes. The excess carbon in the atmosphere is stored beneath the Earth by using the sunlight and thus oil fields are formed. If GOD wanted the humanity to use oil, then HE would have made it available to all just like water. But that is not the case with oil and one should respect the 'Nature' and use this sensibly. The oil beneath the Earth gives lot of energy needed for the growth of trees and other life forms on Earth all around the world. Example- oil is like a battery, which stores energy and can give power. Similarly the usefulness of oil beneath the Earth is to power several life forms on Earth, however, humanity should have made optimal use of oil so that we do not extract oil beyond its replenishing capacity and we are burning these oils excessively and have caused Global Warming of the Earth. Most oil experts agree that World has shot past peak oil in the world. Most of the

affordably retrievable oil in reserves has been used up. What remains is more expensive to retrieve, and the residues are irreversible. We have shot or are about to shoot past peak worldwide and with many oil companies agreeing to at least the latter. There are no new cheap-easy oil fields that are going to be discovered and new methods, like tar sands drilling are expensive, water guzzling, treacherous, environmentally devastating and unlikely to produce more than a few years worth of oil. There is no replacement for oil and it takes years to form oil wells.

ECONOMY

How should be the economy of the world? The economy of the world should be ONE Global economy based on 'cashless economy'. The concept of money is absurd since everything in nature is given free. How can we put a price on some things and say that if one does not pay a price then it won't be available to you. Our declaration should be that all the resources of the world belong to all the people of this world. Let each nation produce things which that land is capable of producing, since every geographical area produces a particular kind of food. An example- dry fruits are grown in the countries such as Afghanistan .Why? Since in these countries one needs concentrated energy,

therefore dry fruits such as pista, badam etc grows in these geographical areas. In India, Karnataka, The weather of Karnataka suits growth of ragi, rice, sugarcane. The weather of Andhra Pradesh suits for the growth of rice etc. Now if a person migrates from Andhra Pradesh to Karnataka he must not say that he will not eat ragi or food grown in Karnataka, but rather one has to adapt to that geography's food, since 'Nature' knows what to give to each child / person on this Earth.

But in these days of Globalisation, all nations are connected and people migrate too often and how can they adopt so quickly?

Answer is that: fish can travel anywhere in the water, but the water in the rivers is not the same as ocean or sea water. Even though all the rivers of the world join the oceans, the fishes in the river water will die in the ocean water; if the fishes in the lake water join the fast flowing river water then they will die. Even though all are fishes, but they are adapted to different climatic conditions and man has great capability to adapt to changing climate, but one has to be within limits. Another example: if we are transporting a plant from one climatic condition to another then one will also have to carry the soil from that geographical area else plant will die. Similarly, if the children go from their home to their grandparent's home in their native place, they carry toys with

them, since the previous place had a kind of energy and the child feels the need for that energy level. To conclude, if one goes to America and says that he will stay on Anna and Sambar, is ridiculous and one has to adopt to that geographical food, clothing etc and eat whatever is suitable in that geographical area. Eskimos can't eat vegetables, but can only eat fish since vegetables can't grow there. Even a Brahmin can eat fish if he is living amongst Eskimos.

MONEY: An absurd concept

All the nations, firms, corporations, individuals etc are being differentiated by this concept of money. The concept of differentiation based on money will vanish in SATYA YUGA. Example – Greece- the whole country is in Debt, likewise, Spain, and Italy. They have a great opportunity to start ‘cashless economy’. It was due to Selfishness of France and Germany that Euro Zone crisis is still alive and thus the entire Euro Zone is facing the brunt of bad financial debt of countries such as Greece, Spain, Italy etc. However, if each country had its own currency then this problem would not have arisen. Example- carrot has got its own sweetness; beetroot has its own sweetness and likewise sugarcane. The sweetness of carrot, beetroot is not equivalent to sugarcane, but they have their own inherent characteristics of

sweetness. One can't say that, we shall ban carrot, beetroot and have only sugarcane. . What about the countries which grow only carrot, beetroot? Should we throw carrots, beetroots into sea and say that we will eat only sugarcane. This is ridiculous. Therefore, the Euro Zone is totally dependent on few countries- France and Germany and thus this concept of money is every absurd.

In the SATYA YUGA, every nation has to grow to its fullest equally and respect the differences. Example, a 1 year old child, approximately weighs 2.5 kg, as the child grows every part of the body grows. It is not that his head grows bigger than his limbs and vice versa which leads to deformity. Similarly if society has to grow, then everything has to grow properly, else it will lead to deformity. Living, sharing and caring for others are some of the basic principles that each individual has to follow in every society. The so called 'Rich nations' don't think about others. Real growth and development of a nation is possible when the nation identifies all the distinct and valuable skills of its human resource and utilises them to its fullest so that each individual feels respectable for whatever work he/she is doing.

Most of the external needs will slowly decrease and then vanish as the SATYA YUGA begins and when we will be in tune with nature.

Example- we will not have to depend on artificial perfumes. In older times, every street had a 'Rath ki Rani'(Night queen) plant which used to spread fragrance to all houses in the street and individuals didn't feel the need of external perfumes. Also 'Parijatha' plant in the neighbourhood gives flower daily and everyone used to pick it up and decorate their houses and get good fragrance. Therefore we have 'alienated from nature' and thus it is of almost importance for us to be in tune with nature and nature will provide us the requisite external material needed for our wellbeing. Example- A rich father wanted his son to learn what it means being poor. So he took him to a peasant family and made him spent three days and nights there. Then back in the car, father asks him about his experiences and his leanings. Son replied we have one dog they have 4. We have pool with treated water; they have a river with clean water, fishes of all sorts. We have electric installation in garden at night and we can't see stars in city, but they can see stars and moon lighting. Our garden is small and walls demarcate it, but they have an open garden with no limits. We buy our food but they grow it fresh. We listen to music from the CDs, DVDs they listen to music from birds. We use microwave ovens to cook food, but they cook tasty food with firewood. To be protected we use alarms, they are protected by their friends, neighbours, and we are connected to laptops,

TVs, cell phones, I Pods etc. Thus, they are connected to life, horizon, skies, garden, forests, animals and family. Son concluded by saying thanks to Dad for letting him know , how poor we are. Every day we become poor by not seeing nature created by GOD, we look to possess more and more everyday by being preoccupied and become ‘alienated from nature’. Thus we are possessed by EGO, a SELF denying force leading into the abyss of extinction.

Why do people amass things?

The main reason is fear and insecurity. The feeling of insecurity arises when one thinks that they can’t survive without material life. If I don’t have bank balance or own a house, bungalow, car, gold, property or if I am not insured for life, property then I will not be able to survive. These are some of the feeling of the people which have led them to become more insecure and thus they amass material wealth.

The life of this Earth is 4.32 Billion years and 2 billion years have elapsed and will continue to be there for another 2 billion years and nothing will happen to the Earth till its age reaches 4 billion years. Nature knows how to take care of all beings on the Earth. It is up to us to go along with Mother Earth into SATYA YUGA. Why do we need

someone else to take care of us, why don't you take care of yourself? Is not GOD available to you? If he is available to few then he must be available to all. People have to look within, reach for GOD within and He will show you the way, He is the way, He is the light. As Jesus Christ said "I am the way, I am the light" and again don't individuate GOD by some personality. If one is watching an interesting TV program, what difference does it make, if the TV is Sony or Panasonic or any other brand? You watch the TV and receive the message, why would one look at the brand since what is interesting is the program. If you get stuck to the brand and say I will watch the TV program only in Panasonic, then you are making a fool of yourself. In the same way, people are using religion to separate people, if we have a close look towards all religions and all the religions speak about the same Truth but in a different way and all lead to same destination.

RELIGION

There will be no multiple religions in the SATYA YUGA and Sun will be the prime source of Energy and will be venerated and worshipped. Then what will happen to all these religions of the world? They all will emerge as reflections of the Universal TRUTH since it is a universal law that, if one thing is replaced by more superior thing then superior prevails. It simply implies that, superior things will prevail over the other; the other become insignificant just like a candle light used in sun light. Example- if one is travelling abroad, say to U.S, we need boarding pass to get into the flight, after that it is of no use. Therefore, move away from these attachments and gain freedom.

Why did the concept of currency come?

One person had bags of rice, another had big boulder. It is very cumbersome to carry big boulder and equivalent of one boulder; one had to give 20 bags of rice. Therefore, we wanted to put value for matter, a common value and in order to make transaction easy, the concept of currency was introduced. In earlier days, it was called “Nanaya” and it means “integrity”. There were coins made of gold since gold is the metal that does not lose its characters even when it is

buried in the earth for thousands of years as it does not get oxidised. Thus it retains its characteristics for billions of years. However all other metals get oxidised, if one buries a steel rod or any other metal for several years and you will find dust in place of steel.

In earlier era, there used to be integrity for usage of currency. But where is the integrity now? The very purpose of having currency is defeated in the Kali Yuga 20st century and further. These days everyone cheats other. The people who are public servants also cheat. If a person cheats an individual then there is “parihara”, but if an individual cheats the public then there is “no parihara”. All these people will be born as Bats, hanging upside down in the temple, under trees and they can’t see daylight.

Dollar Crash in 2012

A story of very very important person (VVIP) will illustrate the dollar crash. A VVIP had a heart attack. He was admitted to well known multi-speciality hospital. The doctors did an open heart surgery and the VVIP person was treated by best of the doctors in the World, with best equipments, medicines etc. The doctors did their very best and the open heart surgery was declared successful. VVIP was discharged

After few years, again the VVIP person had another heart attack and then he again underwent a Open Heart surgery. Again Worlds best doctor did their best. However, the heath of the VVIP deteriorated over the next 10 days and he was DEAD. Now, many relatives, friends, fans, investors who had put money, almost entire World was watching this event. The doctors were very scared to declare him DEAD. So doctors came up with the idea of keeping him on ventilator and somehow found a solution to keep the crowd away. Or else the crowd will end up putting the hospital on fire and creating chaos in the World.

Therefore, the doctors kept VVIP on ventilator put artificial food pipe etc to show his relatives, crowd that VVIP was alive and he was being treated. But, over next 10 days the body started deteriorating and smelling. The doctors did not have any option but to declare him dead after 15 days.

This is the Story of US FINANCIAL POSITION. Here US is the VVIP, the ventilator, artificial food pipe, ingestions are fiscal stimulus

Nearly one in six Americans is living on government food subsidies averaging \$282 a month per family. The official unemployment rate is 9.1 per cent, but is much higher if the long-term jobless are included. Housing prices have collapsed by 33 percent from the market's peak,

more than the slide during the Great Depression. American infrastructure was awarded a grade of D by the American Society of Civil Engineers, with one in five bridges classified as "structurally deficient". There are several more facts.

In next 2 years time, US will be in big trouble and this is the TRUTH

All the countries are holding dollar since they are dependent on oil which is traded only in dollars. There will emerge a concept “Dump the Dollar”. All the countries are dependent on dollar only because oil, fossil fuels are traded in dollar. Due to our over dependence on oil and other fossil fuels we are not able to move away from trading in dollars. As said in the previous sections, there are hardly any new sources of cheap oil. This is also one of the biggest bubble in the global economy and can crash any time.

The crash of the current financial system is going to be done for the benefit of the humanity. Since, money has become our master and humans have become its slave. Most of the people are working to repay back their EMIs rather than work for their life. How beautiful it would be, if everyone worked for their interests and lived their life by fulfilling their interests, goals with selfless work. Thus, the new concept of ‘cashless’ economy will be established in coming times in ‘SATYA

YUGA' where people would be happy to provide goods and services by using their skills without cash.

Concept of currency in 'SATYA YUGA'

Currency or money should be treated as Energy. With Rs 500/- one can buy vegetables, then the vegetable vendor buys a saree for his wife, the saree seller buys ingredients for his house, the saree shop owner buys something else and thus the currency in the system is circulated. Yet it does not get changed or consumed and remains forever. Similarly Energy does not change and thus currency should be treated as energy. It should be in movement and not lying down in warehouses as filth. Even, Water in the well should be desilted once in a while and not allowed to be stagnant, since water which is stagnant is a breeding ground for diseases etc.

Why is so much black money lying in Swiss Bank? What happens if all the satellites crash and wipe out all the data of currency record stored in the computers? This shall happen soon. The system will go down and one can't even take his money out from a bank. So what is the point of accumulating this money in Banks, if it is not treated as energy?

How do we create livelihood opportunities for everyone?

All work is sacred. Everyone is useful for some or the other work. Everyone needs to be doing the work they like the most. Everyone has to work, everyone needs food to live. No work then no food is one of the principles in SATYA YUGA. No one is going to get free food. Everyone must do work since everyone has a physical body. Even a handicap can work; say if one does not have legs, one can do simple work with hands such as rolling the small cotton to make it into an item which is used to light a lamp. Anybody can easily do 100 packets and can earn Rs 200 per day which can meet his food requirements. So any person can work with whatever senses they have. A person who can speak but has no legs can be made to work in a reception counter of any organisation. A classic example is Larsen and Turbo. One did not have hand and other didn't have legs. They joined together and now it is a global company. When physically handicapped persons could do this great job anybody can do any great job. Another example was [Mafatlal Gagalbhai](#) founder of Mafatlal Industries. His father, who was neither educated nor well-off and made a living by doing several odd jobs, Mafatlal in his early teens had to leave school to help his father in textile products. One day he wanted to commit suicide and at that time

co-incidentally he heard a background film song saying that “GOD has given this beautiful life, why throw it away, put it to use” Then he realised that he has got a physical body and he must put it to use and later he went on to start Mafatlal Industries, a successful industry. These are some of the examples given, so that people recognise their inherent talent and do work, which they like the most.

Why is there high unemployment rate?

Everyone wants to do white colour job and no one wants to do job for which they came for. An Engineering graduate can't be employed in a company for this Engineering theoretical knowledge. He has to be given practical knowledge which has to be applied in the job. A mechanical engineer can't be put on lathe machine job directly , but has to be trained first since he know how it operates, but never has he operated it before. Then what is your skill? In any academic course one fills his mind with theoretical knowledge which becomes empty spaces in the brain as one does not apply it in practice and make them into skills. Ask any graduate or post graduate, as to how he is applying his academic knowledge in his work? He really does not understand it fully since his brain is filled with empty spaces, but while on job he was

trained with skills and thus he is able to do the work. In SATYA YUGA one who has skills will be able to survive in SATYA YUGA.

Global warming, New Global technology and Sustainable Development

Give all the people the kind of work which they are capable of doing. If there are decentralised modes of manufacturing things then many more jobs can be generated. There can be several ancillary units and specialisation of task. Things done regularly with sincere efforts will lead to specialisation.

All Technologies should be complimentary to Agriculture sector and Agriculture must be the primary occupation in the World. Only if country does not have agricultural lands can improve on other technologies.

In the SATYA YUGA, each individual should respect other human beings as his own SELF and each individual must be selfless in their work. The human beings must also respect all other species on the Earth. One shouldn't have a five star hotel meal, while one's neighbour is struggling to get even one meal a day. People argue that "Oh it is their fate" This argument is baseless, since there is nothing called 'fate'.

All the mess in the World as of 21st century is created by human beings. What is 'fate'? Whatever situation that you are creating, you will experience that. Who created Global Warming? Is it fate? It is the ego of human beings that has led to grim condition of Global Warming. In the last 150 years, the industrialised countries have polluted far more than developing nations and they are now opening polluting industries even in developing countries to shift the pollution. The excess carbon emissions in the atmosphere has created ozone hole and thus the harmful rays are entering the Earth and is heating the earth. Ozone layer is just like a child in the womb, which has a protective layer around it. The child grows in the womb, all the requirements such as food, water and air are provided by mother and even the waste generated is stored separately. When the child is born, umbilical cord is cut off, and then it has to be washed and cleaned. Similarly, when the calf is born, the cow licks the calf all round and at the time of birth the saliva of the cow used for licking the calf is a medicine for the calf. The moment it is born, calf is able to stand on its four legs, but for humans it takes two years. The first milk that the cow gives to calf is full of protective enzymes- 'immunisation program' and thus the nature has built in mechanism to protect one and all. Thus this shows that nature is so beautiful, that it has designed everything so perfectly. Similarly for our planet Earth, the

nature has designed even protective shields so as to protect us from harmful effects. But due to ego driven by Selfish minds and perverted intellect, has caused ill-effect on all species upon the Earth and thus the balance in the nature is lost.

Equity and continued existence for human beings and other living species are contained within the principal aim of returning the concentration of carbon dioxide into the atmosphere to 270 ppm from the present 395 ppm. Let us say we are in 2012, and a post-2012 is where human actions have a positive effect on the geology and atmosphere of the planet and thus allows life to carry on. Thus the post-2012 occupation should be entirely agriculture, tree planting, forestry and industries related to it.

People have to switch to a life where they can live their lives sustainably. They have to switch from being emitters of carbon dioxide to being agents of sequestration. Access to land is an essential requirement and this needs land redistribution. And secondly, localisation of exchange and trade is needed, to reduce the need for transport. There is also a need for local economic trading systems to be autonomous of the demands of capital for labour, materials of one region for global production and consumption systems. The finest way

to ensure this is to create local currencies in addition to new national currency based not on debt but on free currencies spent into movement by national and local governments.

We know that during the period of 2000 to 2050 we should only emit 800 GT, and we have already emitted around 300 GT during the period 2000 to 2011. India should take the lead and emerge as a Global player, since it is both a big polluter and a country with large number of poor and millions of people desperate for localisation, adaptation and survival. Thus, this can lead the way for this vision of a post-2012 because it has large numbers of people desirous to lead an agricultural and forestry life. The remaining carbon space can be monetised and currency issued to all countries based on the historic emissions that each country has done since similar things was done when Gold was made the benchmark for currency since it was a scarce resource. The emission backed currency unit based on capping and sharing the left behind atmospheric common space. The exchange rate of national currencies can be worked out. This shall be the system of emission backed currency unit as the currency of international trade and this shall continue till all it is distributed to all human beings on earth in an equitable and sustainable manner. Thereafter life will be localised and

democratic and there will be no hydrocarbon energy or nuclear energy being used.

New green technologies have to be explored such as water pumping for agriculture in dry areas and other agricultural related activities.

The third, action needs to be taken to reorganize land and de-urbanise, i.e. to necessitate all the people to use 100% renewable energy and to restore balanced emissions by moving to farming and forestry related industries and way of living.

The fourth is to abandon debt-based money and have local economy.

A person must go beyond his body, mind, and intellect so that he feels, thinks, talks and acts according to the realities of SATYA YUGA. If the current practices of the human beings on the Earth continue then there is likely destruction of life on earth due to carbon emissions. Each individual must live in harmony with nature and combined total human actions through the combined actions of each individual will become a stabilising influence on earth's climate.

The agony of the planet Earth as she is mined, exploited, and explored with the machines deployed. The availability of dignity, non-violence,

social harmony, peace, food, water, shelter, clothing are things to be safeguarded since they make one's life or a group of lives liveable.

Agriculture

Farmers, who work in agricultural land, work with crops, plants and thus they are close to Nature. When farmer who walks on farm land on barefoot gets acupuncture treatment and get energies from the Earth. Standing on the ploughed land and looking at Sunrise for 7 minutes daily with deep breathing will give cocoon of energy and the program for the day will be downloaded in one's consciousness. They grew organic food with natural techniques and ate organic food. Therefore, farmers were very healthy and never felt sick earlier.

Can you make the fruit better after it has fallen?

Every fruit, vegetable is perfectly designed to give sufficient ingredients such as vitamins, carbohydrates, fats etc. Each fruit has different taste. If one wants different taste, then eat different fruits. No point in putting sugar to a sour fruit, a sour fruit is sour because of lot of vitamins are there in it and one has to acknowledge this fact and eat as it is. Consider, Amla or gooseberry, it has got five tastes, except chilly taste it has all other taste. It is available during the winter seasons only. Why nature provides this fruit in winter season? Gooseberry, when eaten will give resistance against several diseases. While eating, it gives a

different taste and after eating, if you drink water, it gives different taste-a taste of sweetness. Human society has to adapt to such kind of living and it better to adapt to new changes otherwise human society will cease to exist. If food, cooking gas, oil is not going to be available in the near future, human society has no other choice but to eat natural food available in that region. Human society has no choice, and nature is not giving anything which is useless in that particular geographical region. Nature will allow you to play with it for certain extent and then Nature will show its side-effect. Mother will give a breast to feed the child, but if the child brings a knife to cut the breasts, then Mother will give a slap. Human society has taken Nature for granted. It is high time, that human society understands this fact else nature will show it side effects.

Industries

Those industries that do not deplete the natural resources should only be set up. Example-The jute, coir industry – since jute can be grown and one does not have to cut trees to produce items out of these industries. Also, from sugarcane molasses, one can make bio-fuel and there are many such examples. Such industries should exist which are in tune with natural cycles since industries based on cotton, sugarcane, jute, coir use the soil, water for growth, use hydro-carbon from atmosphere and help fix hydrocarbon and reduce carbon content in the atmosphere. Also the by-products of any industries should not cause pollution and must be bio-degradable. The food, predominantly fruits and vegetables, we eat should be free of chemicals and thus there is no need to set up industries based on chemicals. When one analyses the soil and the seed of the fruits and vegetables, one can find that they have chemicals which are needed for our body. The vegetables are natural manufacturing agents of GOD where they draw in energies from Earth and Space and manufacture the food with all the vitamins, chemicals and other ingredients needed for our body. Even the salts needed for our body are derived from the fruits and vegetables and there is no need to

dry the salt from the sea and create many industries based on such processes.

The places where cow walks, the grass grows, but in those places where man walks the grass sheds. This is because cow is the energy giving life and humans are energy taking life. Cow dung is a good fuel, say as fire. Cow's urine is the best bio-pesticide for the crops. Thus Nature is created by GOD to take care of human beings and it is our responsibility to take care of Nature. The humanity to do the following "Treat no person as superior to another". Which of your five fingers are superior? Are they all not important? Each of them is distinct, different but none of them is superior to other. Similarly everyone in the society has to be respected. Collectively all the fingers are used to do things. Likewise, society as a whole should collectively do productive work.

Education

It should be fun oriented. Basic education should be given to all. Basic knowledge of science, numbers, social sciences – how to interact with human beings, birds, animals and how to understand the nature, how to be useful to nature and how nature will be useful to us.

Learning to read and write should be done through song, dance, art, craft and cards. This should be introduced to all children till the class III. Teach mathematics based game on a board, teach knowledge of fruits, numbers zero to nine. Colour full charts line walls and handmade cards suspended on wire grids can be used. Games, puzzles and flash cards can be used for fun based teaching and children from the slums, poor sections of society have to be taught the basic skills. Such as learning the alphabet and identifying the images and words associated with them.

Science, Maths, Social Sciences should be taught. Science is the knowledge about the material on the Earth. For example- Consider a cup of tea. There is physics, chemistry, social sciences that can be applied to study this cup of tea. One can apply the knowledge of physics – how is heat produced? And go deep into this subject and

make an analysis. One can apply the knowledge of chemistry- the chemicals in the tea leaves, how they react etc. One can also apply social science- a house wife is doing a social service by making tea and serving it. She need not be bothered about physics and chemistry. So children should be taught functional knowledge of several subjects. Education should not be a burden and unwanted stuff which is not applied in day-to-day life. Much of the current academic knowledge is not applied in day-to-day life and one feels as to why we studied these stuff. In current education system the mind of the children is filled up with unnecessary data and this data is never used in practice. Education system should teach- physical culture, character building, respect nature and how one can utilise nature, contribute to nature, how you can treat the nature to co-operate with you and live in harmony with all other beings on the earth. Example – While growing any plant, crop or tree, one should sow the seed and put little water and not flood it with excess water. Then sprinkle water till seed grows few inches. When the seed grows few feet, then its root would have grown and it can draw water from the ground and thus very little water is needed. Another example is - The Aura of the tree is four times its size. If there is a tree outside a home, then its aura is felt four times its size. These are some of the

examples given here to show as to how education system should be designed.

Vedas

“Veda” means wisdom, knowledge or vision, and it manifests the language of the GODs in human language. Vedas were passed through generations by the word of mouth from time immemorial. Vedic hymns were either taught by GOD to the sages or that they were revealed to the sages themselves. Vedas generally are abstract. The Vedas are four: The Rig-Veda, the Sama Veda, the Yajur Veda and the Atharva Veda. Each of the Vedas has a different purpose- Rig-Veda for repetition of hymns, Sama Veda for practice, Yajur Veda is for scientific approach and Atharva Veda is for converting energy to matter and vice versa.

To understand the Vedas, the Upanishad came into being. These were the narration by the sages to the students. The Upanishads were in simple form to understand and were prerequisite to learning Vedas.

Black Magic and other evil practice

Atharvana Veda gives details of several principles for converting energy to matter and vice versa. Sama Veda denotes the whole of the sensory systems and perceptual machinery, together with receptors, channels, pathways, and the structures concerned in organizing, maintaining balance, and identifying and decoding inputs and information. It also has a musical version and many more versions. There are several principles but by means of using the same for SELF-seeking and worthless purposes such as “black magic” are in fact very condemnable practices. One can develop psychic powers and use it for harmful purposes. Amongst the destructive methods are those in exercise among certain savage ones, and even among the ill-advised or misguided ones of this present humanity. The use of such objectionable practices such as whirling dances, voodoo practices, black magic and other similar practices. Once, the Rishis were worried about giving the Vedic principles, but the system is so designed that one who indulges in such practices will have to undergo that karma in the next birth. Now, in the present time frame, one will pay the price in this birth itself and such people will be born as species and they will remember all the acts, deeds of all objectionable practices performed by them in their human birth, since their body is a species they will experience

deep misery. They will also be not able to come back to human body and will take several births to come back to a human form.

The story of 'Jadabharata', son of '[Rishabha](#) Bharata' is given here to demonstrate this fact. He was born in the Solar Dynasty, in the line of Manu Svayambhuva, the eldest of a hundred sons of a saintly king by the name of Rishabha (Jain 1st Tirthankara), who ruled over the earth. When Rishabha became old he handed over the rule of his kingdom to Bharata and retired to the forest to perform tapas. He was about to obtain Moksha and in his last days of his Sadhdana when he was about to leave his body and while offering prayers to the Sun GOD on the river bank, he saw a lone and heavily pregnant deer coming to satisfy its thirst in the river. He happened to see the deer jump across the river near his ashram, and deer became terror-stricken and it just leaped into the water without even quenching its thirst and tried to escape to the other side of the river. Shocked by fear and in a effort to cut across the river current, the deer gave birth to a young deer midstream. Then the sage took this baby deer, instead of leaving it back to the forest, to be taken care, as a father. This sage brought the baby deer in his own ashram and in the process he developed affection, liking to wards baby deer and also started skipping his daily ablutions. Soon he grew very fond of it. In the course of time the sage became so attached to it that he

could not part from it even for a short while. As years passed by, while thinking about the deer he passed away. Then he was reborn as a deer. Then he became aware of his mistakes “Even though he was ready for liberation, because of his attraction and attachment towards the deer, he was reborn as a deer”. In the next birth, he was again born as human in a family of three brothers and named Jada Bharata .Jada means to ‘inert’ and he only acted and never ‘reacted’. He spent his life doing Sadhana and one day King’s palanquin happened to pass in front of his house. One among the palanquin holders twisted his ankle and thus King needed one man to help carry him for some distance since. So Jada Bharata volunteered and while carrying the King’s palanquin, he started moving zigzag. Then the King felt uncomfortable and ordered to stop the palanquin and asked him as to which idiot was moving in zigzag manner. Then this man replied saying “King, If you are calling me idiot , if it is addressed to the body, which is made of five elements of nature and nothing is idiotic about five elements, if you are addressing my mind , it is made of material similar to that of space, and thus mind can’t be idiotic, if it is addressed to the intellect, which is energy as fire in all human beings and intellect can’t be idiotic and if it is addressed to the Soul, it is Brahman and no one dares talk against it, Our atmans or souls are what we really are. My atman is not strong or

tired, nor is it carrying your palanquin upon its shoulders” King was shocked. Man replied that in his previous existence, he was a sage and due to his attachment to deer he was born as a deer in his next birth and because of this reason he was moving in a zig-zag manner as ants were under his feet and he did not want to kill the ants and bear the brunt of karmic consequence.

WHAT IS DUTY? How to identify one's duty?

It is very important to know one's duty in the study of Karma Yoga. If one has to do something, he must first know that it is his duty to look within and then do the work.

Karma theory

The 'Manonmaya kosha' given to us has a filter facility such that SOUL, once it experiences a thing it need not have to experience it again. Let us say that our SOUL has experienced an event 1 billion years back, for SOUL it is as fresh as now, since at the level of SOUL there is nothing called time. So it does not want to experience that event again. If our mind forces to experience any experience again and again then that adds to 'Karma' since our 'Manonmaya Kosha' has got a filter which does not allow this experience to reach the SOUL again and this residue accumulates as Karma. Because of this the SOUL which is engaged in 'Ananda Maya Kosha' is not able to operate through the mind due to the layers of Karma added upon it. In today's times, each individual is begging for money, with Reserve Bank (GOD) sitting

inside him and does not know that the giver is inside. But ironically everyone is searching for it all over the outside world. When we turn inwards, initially one will see the mind decorated with billions of posters of filth of all previous existences. How can we then wipe /burn out all the Karma of the body, mind and intellect. We have to use the same body, mind and intellect and indulge in 'DHYANA'- 'DYA' is concentration and 'NA' means opposite, therefore DHYANA - is meditation, which is opposite of concentration. It can be done by giving different work to body, mind and intellect. The mind is given the work of chanting, the body – senses can be controlled by controlling the Dhrishti and thus all other senses can be controlled and finally the intellect is given particular work. Thus in 'Dhyana', the body, mind and intellect are given different work. Therefore by Dhyana one can wipe out the Karma. The 7 Chakras has the dual function of wiping out Karma and also giving Energy since they have the facility to clean the 'Manonmaya kosha'. Therefore when 'Manonmaya Kosha' becomes fully clear, then one has the access to the SOUL. Let us say that, we are going from home to office, once we reach the office we know how to come back and only when we are going to an entirely new place then we need to ask for directions. Each one of us know how to reach the SOUL i.e. by Dhyana and wipe out Manonmaya Kosha' since we have

moved away from pure beings to beings with lot of Karmic accumulation.

Karma is the currency through which one gets physical body. If one has to board a flight, then one needs to have boarding pass and then get into the flight. Similarly, one needs to have karma to board the flight to Earth.

Why then even if a person is Jeevan Mukta, why that person is born again?

A Jeevan Mukta person chooses to be born whenever he wishes to be born and he is not bound by the limitations of body, mind and intellect. He remains infinite even with the limitations of body, mind and intellect. Example Sripad SriVallabha was a Jeevan Mukta but was in a body then He was born as Akkalkot Swami Samarth. Sri Sri Shankar Maharaj was simultaneously available in different bodies all across the Earth such as in Japan, Russia, India and US. There are several examples of many such great Jeevan Mukta taking infinite number of birth experiencing the infinity and yet their Karma was Nill. Only when one has accumulated the karma, then he is bound by the limitations of body, mind and intellect.

Telepathy

How to communicate via telepathy? How does it work?

What is its significance in New Age?

In these modern times, telecommunications are prominent. With great scientific advancement, mobiles are available at cheaper prices. All the communications happen via technology, telecommunications, satellite communications such as mobiles, Video conference, internet etc. But is this type of communication, we have to depend on in the New Age? No doubt it is one of the greatest advancement that humans have achieved materially. But human mind has the capability to achieve any communication to any part of universe by ‘Telepathy’.

When one’s mind projects a thought to another individual, who is also in space, then this thought moves from conscious to sub-conscious to super-conscious level and reaches the other person in the reverse order. Suppose, you think of a person, if you are in super-conscious level and the other person is also at that level, then communication will happen simultaneously. Your thought has pulsated in the space, like you have a mobile phone, the movement a call is made, and a channel is established from the mobile to satellite through the space. When one says ‘hello’ this is converted to pulsating waves and transmitted in the

space and then the receiver side this pulsating wave is decoded and one can hear the voice on receiver side. All this happens almost simultaneously, but it depends on the distance and clarity of channel established. Likewise, one can communicate to any being in this universe through the element of space- ether which is everywhere. Ether records the waves similar to magnetic tapes used in the tape recorder and are recorded in a particular order and the same order is used on the receiver side. Thus the magnetic line that aligns and realign is ether. The Ethereal particles are those kinds of energies, which retain electro-magnetic forces and thus viewed as audio or video.

To do Telepathy the first requirement is that Mind should be blank. To achieve “Nothingness” of Mind, one has to grow spiritually. If one has to become “Nothing” then one has to realize the True SELF or ATMA which is beyond Mind, body, Intellect of a person. Then when we want to communicate, one has to send the message enriched with Prana to other person. Only if the other person is also in tune with you and is of same frequency as to receive the message (He should have achieved “Nothingness”) then that person will receive the message immediately else if his sub-conscious is good enough, then he will receive the message in his dream.

Comparison is made to modern day telecommunication so that readers will get a good picture of what is mentioned above. If you have Blackberry or any other high end smart mobile phone with Internet facility, when someone sends an email to your ID, then only you will be able to receive it immediately and you can check your email via mobile. Else you will have to login to your computer (sometime later) which has internet and then login with username and password and check the mail. Those who don't have email id or wrong ID, password they will not be able to check message.

Therefore one can easily communicate by Telepathy for a long distance to any part of the universe without wire connection by using the great facility of human brain and use it to its fullest capacity. One can sit in his house and communicate with the entire universe by Telepathy without the use of any modern technologies.

Therefore, it is very essential for everyone to be in tune with one's own SELF to receive communications from within. Since the times are changing very rapidly and telecommunication can cease anytime and the only way left out for communication may be through telepathy and this is an inbuilt faculty, you only need to start using it. Let's say that, you think of your wife and request her for a glass of water (when you

are at home) if she comes with a glass of water, then you can confirm your telepathic channels are working. For communication through telepathy, distance is immaterial. We are in the 'new age' and all our sense instruments are two way, but we have used only one way for ages so we have lost this faculty. Let's start using both the ways as the earth has been charged with energies from higher planes to facilitate the advent of SUPREME GOD to establish HIS realm here as in HEAVEN, to live with all HIS children in all glory, in peace, prosperity, health and eternal life in prime of youth enjoying the manifested creation for period of 20,000 years. For this period, several beings have gone through Kali age following the principles of Krita(Satya)Yuga, suffering from rest of the world steeped in Kali Yuga, an age where only rule is sense gratification at any cost, where no rules need to be followed. One can see the mess the world is in, let those who want to change themselves may remain and the rest can rest in peace.

Old-age persons

In Kali Yuga, parents are often ignored, who have done the most to bring up their children. A classic example is old-age parents. The grandmothers and grandfathers of the world should not think that once they educate their kids and get them married off, their duties are over.

They also need to have agenda for themselves. They must free themselves of their discomfort. If a child is properly fed and given toys to play, why will the child complain of discomfort and why will they nag their mother? Here, grandparents are compared to child and they will keep nagging their children and this vicious cycle leads to other problems and they end up in old age homes. They have to be looked up by their children with respect as they have spent all their life upbringing them. They have made great sacrifices to bring up their children and doing constant 'tapas'- always thinking about the well-being of their children and grand children. If their children ignore them, they start feeling insecure. If there is a grown up tree and the roots are made to feel unwanted then will the tree survive? All the children have to understand that their parents are their roots, on them they have grown up as the trunk, branches, leaves etc. When the tree grows, the leaves grow, then fall, but that is not the case with the roots. One advice for the new generation is to go back to joint family living. In olden times, when women gave birth to a child, her parents, grandparents, relatives took care of her and she delivered the child and after that the child was taken care by them and mother was not burdened by the birth of a child. However, it is the inverse in this period.

How the society will get designed?

Everyone will start living in tune with the SELF. If people do not know what is SELF, then look at Sun, since Sun is as glorious as SELF. However one can realise that 'SELF' is much more glorious than Sun. Everyone should definitely wake-up before sunrise.

Importance of Women

Women are intended to be the mother of the race and this is the primary and most important mission of her life. For that reason, GOD manifested as PARA SHAKTI (a feminine form) for the purpose of bringing forth the manifested creation, created her in such a way that every faculty, every limb of her body, developed towards the fulfilment of that great mission. She looks tender; it is because her tenderness would be necessary for raising the child. If her voice is sweet and soft it is because she is to contribute these smoothing qualities to future generations. Nature makes a provision to women, that when the child is born it receives a bountiful supply of food, which is stored up in the body of Mother, long before the arrival of baby.

GOD (mother) has provided food for new born in the body of Mother. It's an overwhelming fact of NATURE or GOD or THAT.

In our country women have held great positions since vedic ages. Some names are Lopamudra, Gargi, Maitereyi, Nalayani Anusuya, Arundathi and so on. To do justice to the roles they have played and continue to play, a book on each of them would be required, I pray to them that they permit and reveal when they feel the time is right, the next book will be about them.

Women

Women have to be respected. Basically there are four forms of women- as a child she is ‘Tripura sundari’, as mother she is ‘Para shakti’ , as wife she is ‘Lakshmi’, as sister she is ‘Saraswati’ and thus women should be viewed in these forms as divine. Engage them in these activities of divine and you will get all the qualities of these deities as they manifest when we treat them as above forms of divine. Therefore, all these roles are played by women. A girl is somebody’s daughter, somebody’s sister, somebody’s wife, somebody’s mother and should be respected by one and all. All the money matter in the home has to be managed by women alone and not men. Man should engage in activities which are spiritual and thus pursue spiritual way of living. The difference between man and women is not at physical level, but at ‘Manonmaya Kosha’. They are just like cup and saucer. The tea in the

cup has to be poured into the saucer and thus each has a purpose and no one is superior. Without one of them, the meaning of other does not exist.

Women should be kept sacred. The Rishis, great sages keep their women as sacred. One can never see Rishipatni. Have anyone seen Rishipatni coming out of home? They are kept sacred and secret and remain in ashram. They are much worthier than the 'Aparasaras'. Ahalya is the wife of the sage Gautama. Once, Lord Indra felt affectionate towards Ahalya. Lord Indra comes disguised as her husband, Ahalya sees through his disguise. Then, sage Gautama saw that Lord Indra was fascinated by her form- the body, so sage immediately turned her into a stone. Therefore as a stone her body was frozen and thus her senses were also frozen. Thus both were punished and also Ahalya was cursed to become a stone and at the end she regained her human form after she was touched by the dust of Rama's foot.

However, these days women want more liberty, freedom, they want to work outside their home and be progressive. Is this the right direction?

The Rishis never restricted their wives to their home alone, they venerated, honoured, admired and respected their women and did not confine their women to certain activities. Rather they made their

women in charge of the ashram and all the activities were handled by women. The home is the divine place of the women. Every house should have one room as private room, sacred and should not allow anyone inside this room. Similarly in our physical body the brain and the heart are sacred and they both are kept in protective shields- heart in the rib cage and brain in the skull. Women are the heart of the house and should be kept protected. Women express feelings through the channel from her soul, man expresses through intelligence and you must have best of both as your qualities. So you must treat women with Love and respect.

Therefore, in general any relationship must be based on Love, which is expressed differently. A teacher expresses love to student, mother loves the child, husband loves the wife, and sister loves the brother. Here every relationship is expressed through love and the difference being the way it is expressed. Love is the common denominator for every relationship. If the person lives in the extension of love then that person will experience the Bliss in him, since Bliss is the very nature of the Soul. On regular basis if human meditate and experience 'Anandamaya Kosha' or Bliss, they will be able to radiate love in all relationship and understand the holistic picture so that a person loves one and all, rather than saying, I love my daughter, wife, father, mother etc. When one

experiences Bliss, you know that everyone at the core is Soul- reflection of GOD and will never hate anyone. When everyone is a part of you, you naturally tend to love yourself and also one & all. Only when one thinks that someone is not a part of you, then you start hating them.

Are males superior to females?

As we have seen centuries after centuries, males have dominated the society, nation, they do physical work, have masculine characteristics such as physical strength, boldness, courage, anger etc. Female characteristics are patience, mild, humble, caring nature (towards child) etc. These are predominant characteristics and not distinguishing ones. If man is courageous etc, but is not patient then he won't make a complete human being. We can see in many cases where man keeps losing his temper over small issues and there are many more such examples. Similarly, it applies for females. Every human have some basic characteristics and they should strive to nurture other missing qualities and characteristics. A man is not complete without female characteristics.

Here is how humans choose to come on earth. A male and a group of females decide to form a single group in 1:1, 1:2, 1:3, 1:4 and so on and

agreed to come on earth to perform their task as a single group. All the energies such as physical, mental, spiritual energies are automatically divided among group after an individual's death. A comparison: Consider a chandelier. It has say 10 bulbs; the bulbs represent males/females. There is only one switch and electricity flows equally among all of these. Another example: In human body, brain occupies very less space, but requires about 70% to 80% energy to keep it functioning. We can't argue that why brain requires more energy. It is the "Law of nature". Please don't question these. Similarly males/females relation is like brain of single human body and its parts. When a male/female dies, his/her energies are equally distributed among the group. When they have to leave earth (salvation) they all have to leave as a group. So they come as a group and then go as a group.

Sex is sacred

In the present Madhya Pradesh in BHARATA during the rule of King Varma's in the past, a lady complained to the King, saying that her husband was not able to satisfy her and it is the duty of the King to see that all his subjects in his Kingdom are satisfied in all respects. Then King was baffled at this complaint of the lady and King had to send

someone to satisfy her. King sent one of his able bodied general from his court, the lady again complained that she was not satisfied and then a old minister volunteered. The king with apprehension agreed, then the lady came to the King next day and said that she was fully satisfied. King was amazed and asked the man the secret of satisfying the lady. Then he replied saying that this was given by the Rishis as 'Kama Sutra'. Then King decided that, this secret should be revealed to all and thus came about the Sun Temple, which was built with inscriptions from the 'Kama Sutra' on the walls so that everyone knows the secret and thus man would satisfy his women. To make people aware of the sacredness of sex, the king got a temple dedicated to Lord Surya as the souls descend through the SUN. That is why the population is more in the areas where sunlight is in abundance. Thus this shows that Sex as given in 'Kama Sutra' is a sacred act and one should maintain it as sacred not abuse it. Sex is sacred and should be kept as private affair and not to make it a public act.

Why is marriage important?

The generations have to continue and thus procreation has to take place. The marriage is an important institution in our society and due to procreation one helps the Souls to take physical body. Marriage is a

process to facilitate fulfilment of our biological need. There is an electro-magnetic attraction among the male and female since the energies on the male and female are different and they attract each other. When these energies unite, then life is formed and thus the life continues.

The male and female are equipped with different types of 'Manonmaya Kosha' and it is not just the physical body. Since our descent from Para Brahma Loka to Bhoo Loka, one set of Souls got the Manonmaya Kosha of male and another set of Souls got the Manonmaya Kosha of females. None is superior or inferior to each other, but they are complimentary to each other. The Punya that is accumulated by the male is automatically distributed among the group after his death and thus male is required to do Spiritual activity so that entire group gets liberated.

Do we marry the same person?

We marry the person among the group, thus it may or may not be the same person. Only in present age, the marriage is restricted to only one person, however, before that a man could marry more than one. Say, the structure of an element. Hydrogen has 12 atoms, Oxygen has 16 atoms,

Uranium has 238 and thus each element has many orbits. Lord Krishna has 1008 wives. The important point is that, the physicality was not there when one got the 'Manonmaya Kosha'. Say for a Group of 5, a man has a wife, and then other members of the group can be his sisters, friend, relative, mother, grandmother etc. It does not mean that man need to have physical relation with one and all. We as a group choose to be together and this division between the male and female is only at the level of Manonmaya Kosha.

Nature of Children in SATYA YUGA

Every child in SATYA YUGA is unique creation of GOD and their brain is sharper than previous generation. They are programmed for SATYA YUGA and thus they will change the world. The parents and teachers have to focus to enlighten the enriched conscious within them to this effect and allow them to develop them as divine beings of the world. To achieve the positive wave with the assistance of each and every parent, teacher, philosopher and guide of this brighter child by lighting them for prosperity of coming years in every sphere of life.

New initiative- plant trees on birthdays

Everyone should take initiative to plant trees on their birthdays. If one turns 25, then plant 25 trees. It is not something great but has to be followed by one and all. We humans breathe air given by plants which is freely available. We never really care much for this as it is freely available to us. Lets us also try to give back something to Mother Earth so that we live in harmony with nature. So lets us plant trees.

Breathe is Life

Life is absolutely dependent on the act of breathing. To breathe is to live and without breath there is no life. We can live without food, water for few days, but without breath we can hardly survive for more than few minutes. So “Breath is Life”. Not only humans, but also animals, plants depend on breath for life. Humans breathe in air (Lord HimSELF) and give out air in humanity which is breath (life) for plants. Thus we live in harmony with each other.

When an infant inhales the air and extracts the life giving component in air, then infant life begins on earth. When a person takes last faint breathe, he dies and thus life ends there. Life is but a series of breathe. Breathing is considered as most important function of our body. Thus

the air we breathe is most important. In normal circumstances, humans need no instructions for breathing. Due to bad habits of our civilization we have destroyed this normal functioning of breathing. The air today especially in cities is polluted, contains harmful gases, dust etc causing a lot of chronic diseases and thus normal life of humans in cities is altered. “We need to grow more trees to restore the harmony in nature”

Mangroves to protect against Tsunamis

Mangrove forest in all parts of the world in coastal areas can protect communities from the impact of tsunamis. These Mangroves act as Bio-shields to adequately protect against tsunamis or cyclonic storms.

It also true that height of a village above sea level and its distance from the shore need to be kept in mind. If the sea level rises and tsunamis hit the coast, they can easily gulp the entire coastal region. No trees and Mangrove forest can protect in that situation.

It has been researched that there was less damage to communities where there were trees and vegetation which acted as barrier against tsunamis. Example- there was 60,000 casuarinas and eucalyptus trees in a coastal area which acted as Bio-shields to adequately protect against tsunamis than compared to a place without it.

In many countries, programs and policies such as Disaster management programs have been started on a rapid scale to grow mangroves and trees etc. Increasing green cover in any area is not a waste of money, but it is a humanity to give back something back to Mother Earth.

A lot of field based and laboratory oriented research and studies have been done to prove this fact. In every coastal area at least 500 meter of mangroves has to be present at any given point of time and habitation in the coast area of about 1 km should not be allowed.

A School for Construction Workers

Since construction workers form the 2nd largest employment sector in India after agriculture and the need for school for Construction Workers is very essential for it is most disorganized sector. This lot although makes a lot of money, the only beneficiaries are the liquor shops. And they (LABOUR) lose their health, wealth and finally life, constructing homes to all, they die homeless. Is this not a very sorry state? Therefore these Construction Workers must be taught values of life, time, money, family, society, nation and importance of bringing up children as an asset to the world. If we could achieve this our large percentage of

population will be worth more than GOLD since one human being is more precious than all the gold in the universe.

Song

“ I ask Lord one small request , I know I have all I could need, but this prayer is not for me , too many people on this day , don't have a peaceful place to stay, let all fighting cease that your children may see peace , wipe their tears of sorrow away , To believe in a day , when hunger and war will pass away , to have hope amidst despair , that every one of the being on this Earth is respected . that you hear the cries and listen to each prayer, Let me try always to believe , that we can heal the heart that grieve, please help us not ignore the anguish cries of poor, or their pain will never leave,

Question and Answers Section

What is the ultimate Truth- ‘Tatvabhoda’?

“Tat” is ‘that’ ‘GOD’ ‘infinite’ ‘Brahman’. ‘Bhoda’ is knowledge. Therefore ‘Tatvabhoda’ means knowledge of ‘That’ or ‘GOD’ or ‘Brahman’, the ultimate truth.

Consider a pot. A pot exists because of clay an earth element. It is an attribute of clay to hold on. The space in it is truth or SELF enshrined. Therefore the space existed even without the pot will continue to exist when the pot ceases to be. But clay has a property and it can’t have the capacity to hold water until unless it is burnt in a furnace and this is a truth, the space (Brahman) which is beyond the body, mind and intellect and also within. It can only be experienced in super-consciousness state and one can realise the ultimate truth.

We in this life have acquired a human body. But before this we have lived in lower forms of life from amoeba, microbes to insects, plants, animals, wild beasts and so on, then we got the human body. It takes 84 lakh births to acquire human body. Thus this human birth is very

sacred. Human body has gone through several phases from caveman, cliff dweller, savage, warrior, barbarian, knight, priest and so on and in all different places in this world of different climate, cultures etc. These physical body experiences in all these births are stored in our sub-conscious mind. We would have done karma in these births, learnt lessons, grown, developed, unfolded human values at different degrees. But when one dies, all these are stored in one's sub-conscious mind and in next birth this blue print of sub-consciousness stays. The memory of past life is wiped out in re-birth, but the experiences of the Soul remains. A comparison- one may not remember much about an event on certain day 20 years back, but experiences of that day's events would have left incredible changes in our character and would have changed our action since then. More details about spiritual evolution are given in later section.

What is Re-birth? Is Re-birth true?

We keep coming back to Earth because of our desire, one need not realise the truth of ultimate in a single lifetime and thus want to experience more since one is not satisfied with his experiences and karma is the currency with which one acquires physical body. Rebirth is not to be viewed as a sin but a choice one makes to experience the manifested Brahman differently in each birth. You can merge and

emerge whenever you choose to. The emergence, flow and merger of a river are always happening at the same time. One who is aware of this is a yogi and ever free, the rest are in the process of approaching this truth. Once in every cycle HE or SUPREME GOD chooses to visit the earth and live with all his children as He used to in 'Parabrahma loka'. This period is termed as SATYA YUGA or 'Krita Yuga'.

What is the composition and function of the brain?

Human body is a composition of gross five elements, brain is used by the mind it is similar to the space, but much more refined, and even subtler is the intellect. The five sense organs receive the information from the surroundings, then the mind processes it and intellect uses its distinguishing factor to differentiate between things and then send out signals to motor organs (hands, legs, reproductive organs, speech etc)

Mind performs two functions

1. It takes information from five senses and processes it. If it is dark and can't see a person, then the mind will not identify that object. Therefore mind acts in identifying the worldly objects.
2. Storing information- it stores information in the brain cells. If you can recollect any information, then it is because of minds great

capacity. Lots of information is recorded and stored in the brain in nerve cells and the ability to store and recollect depends on mind's ability to operate the nerve system. If you have strong memory, then a lot of information is stored over long years. When processing data from five senses, it becomes useful to identify objects, if the information related to that object is already present. Once you smell, taste, see, feel etc any object, then your Soul would experience it only once since 'Manonmaya Kosha' will allow only those experiences that Soul has not experienced yet. Next time when you smell, taste etc the same object then Soul does not feel it as new experience but it gets accumulated as karma in 'Manonmaya Kosha'. If you eat an ice-cream for the first time and Soul experiences it and next time only your mind feels the experience, but Soul doesn't, as it has already experienced it.

3. Intellect is subtler, made up of very small atoms. It distinguishes things.

Cosmic Energy

Cosmic energy is the energy available all around us. Cosmic energy doesn't come from some far off place, but it is available everywhere. Different planets, stars, moons and other heavenly bodies are manifested in the cosmic energy at different levels and thus they were formed with particular vibrations that solidify the cosmic energy. The manifestation of cosmic energy depends on collective consciousness of beings in that planet and thus depends on each individual conscious level. On the Earth, if all human beings increase conscious level and collective consciousness of the Earth increases and thus the journey into SATYA YUGA shall be smooth.

Dragon Fly

The dragon fly fixes the cosmic energy at different points in the atmosphere. It flies at certain angles and certain path and then stops for a brief while and fixes the cosmic energy. This energy is used by all other life forms. This is the work of dragon fly. GOD gives food to it only after it fixes cosmic energy in the atmosphere and in general all life forms in nature work for their food.

Butter Fly

There is a science behind “how butterfly traverses a particular path” This science is not yet explored and this knowledge shall be given to people in SATYA YUGA. This path taken by butterfly also fixes cosmic energy that shall be used by all life forms. They are attracted to several species of shrubs, plants, trees. Therefore all species on the Earth have particular set of activity to perform which helps other life forms (species) on Earth. This is the beauty of Nature.

Questions

The dilemma we have is that, on one hand are the scriptural revelations, that there is no individual person or GOD or actually there is nobody here. This is an extreme explanation in Advaita. But on other hand, we have to assume something, the sanctity or Deity or GOD .There are also some intermediary explanation, such as we have come here with certain agenda and fulfil certain duties towards perfecting oneself. Therefore, the abstract thing, that there is nobody seems very broad revelation which doesn't have much practical application. Suppose I am in a office, is there any difference between me and ward boy and suppose I reply saying that "At the level of soul, there is no difference between you and me". Is this impractical?

Answer: I shall answer this question from our own relationship. I have seen you 2-3 years back and we are meeting after a long time. Is there any difference between our meeting that happened 2 years back and the meeting that we are having now? Not really, there is not much difference. All our existences on the Earth are like this. We keep coming again and again to experience the different forms of manifested creation. The scriptures are records of question answer sessions between sages and disciple's at a particular point of time at that

intellectual level. The same thing doesn't apply throughout, may be, but not always. 'Jagadguru Sri Adi Shankaracharya's', concept of 'Advaita' was 'Nae ite, Nae ite , Nae ite' which means 'not this, not this, not this' This approach is alright. Just like, you can drop from the sky without parachute opening till some altitude, but say at an altitude of 500m from ground, you have to open the parachute. 'Jagadguru Sri Adi Shankaracharya' was at an altitude of 10,000 miles or more and he used to jump without opening the parachute. You being at 500m can't say that I will not open parachute, if you say so, you will die.

Then how does one know about one's altitude?

See the ground from the top and check the visibility. If you are on top of a hill which is 1000m in height and check out the visibility. One can see a car like a matchbox. What is the size of the car? You have to come down to the road, and then only you will see the size of the car. From the top of hill, neither you can measure the size of the car nor find out the colour of car or number of passengers in the car. This whole idea of measuring the size of car or any such details is just ridiculous. Either you wait for the car to come up or you go down the hill.

All the people who are intellectually discussing spirituality will never transit to higher levels. As long as you keep on discussing, you will

never experience it. And one who has experienced ‘that’, there is nothing to discuss. ‘Jagadguru Sri Adi Shankaracharya’s concept can also be looked at, ‘even this is real, even this is real’, even this is Brahman, everything is Brahman. Even the shirt that you are wearing is Brahman, even your body is Brahman, every cell is Brahman and everything is Brahman. If the Brahman is perfect, then how can the manifested creation be imperfect or false?

This leads to most significant question. **If you see the world through the lens of the newspaper, media, reports, research documents etc, the world seems to be in a complete disastrous mode. Is it true that, our perception of this perfect world to be most imperfect?**

To answer this question, take an example of potato masala chips in a cup. While eating, I made a stupid mistake of breaking the potato chips with my teeth just before eating and thus the masala, chilli powder on the chips went into my eyes. Can I then conclude that cup filled with potato chips is bad? My action of biting it and then eating it was a mistake, but the cup filled with potato chips is still taste’s yummy.

Question: In the scheme of perfection, there appears to be trial and error, a number of iterations towards perfection but not rather perfection all the time.

Answer: Perfection is not a destination, it is a journey. Nobody can say that “I am totally perfect”. In the cosmic system also, certain timeframes are decided. In Kali Yuga, there are the set of principle that will be applied and that is how the world would be. One can’t complain about it. You are going to a particular place in a car; you can’t complain that I can’t stretch my legs fully in the car. You have got into the car to reach quickly to another place and you have accepted the limitation of seating in the car for the better comfort of reaching the place in time and one can’t conclude that ,‘a car is bad’. The physical body is the limitation to the Soul, yet the Soul is comfortable in the body since Soul knows that without his physical body, it can’t experience the manifested creation.

How were scripture created?

There were Sages and various disciples were asking questions and the answers to these questions became scriptures. Those questions emerged to disciples at their respective intellectual levels at a particular time zone. Certain things may apply today, but not all. Example- I gave

directions to reach my house address, but the same directions don't apply when you are going to your home. Sometimes, even after going to someone else's home for multiple times, you forget the direction or you are visiting after a long time and the land pattern has changed over the years, thus we need to be told again.

There is vast body of literature of scriptures, so do we need to build not that or start from scratch?

Answer: In 1987, we were discussing on some topic and now in 2012 we are discussing this topic. So shall we start the discussion of 1987 from the point where we left or is it better to start a new discussion? It takes a lot of time to remember the discussion that took place in 1987 and is more inconvenient. Today's kitchens are designed for new equipment and not designed as per the old technologies such as old 'Chula' or any other thing. Same thing applies for knowledge. Knowledge is infinite and no one can apply for patent and everyone can have different experiences on the same topic. Knowledge belongs to none but you belong to knowledge. Suppose new spaceships are invented, those can takeoff from one's rooftop and reach any place on the earth, then why do we need roads? If roads are not used for 10 years

or more, then grass will grow on the roads and one can't identify the path of roads.

Nobody needs to feel bad about his position that they are in. Each one of us has chosen to experience some particular thing. Then why a person is chosen to be so poor and live a subsistence life? To answer this take an example. A person is very rich and born with silver spoon and from the day he is born he is sick, since there are several servants all the time to take care of him. After some days he starts feeling sick about his life. Similarly, majority of people in such position feel that, if I were to be born again I would like to be born so that I can do things for myself- an example, If a person is given five star hotel treatment for several months, food is served at his room etc, he feels sick after few months and wishes to have a free life, so that he will grow vegetables, wash them and cook and eat it. Servant aspires to become like a rich man and rich man aspires to become servant. Thus every birth, each one of us has chosen to be born as we wish and GOD says "You take whatever you want". You are never out of the reach of GOD, wherever you go or whatever you do. He is always available. You are leaving this body and you have experienced certain things and when you go back to GOD and say "I have experienced certain things, but I want to experience more" then he says "alright". Even the enlightened ones

have choices when they are liberated. The two options are – they can go back to SUPREME GOD and can never take birth again and second option is that- they can help the humanity and help others to get liberated. GOD says them “What’s your next agenda? You have the option of staying back with me and you can go whenever you want.” But after some time you get tired of this luxurious way of living. Suppose, you are put in 7 star hotel for more than 3 months or so, where you don’t have to get up and do any kind of work as everything comes at your door step. One day you will get tired and you will feel that *“who the hell wants this. I would like to walk, pluck a carrot or anything from the farmland and wash it in running water and eat it”*. Therefore, even the enlightened sages, are born again and again, not to wipe out the karmas, but they are coming back to experience different things in different body simply because the ‘Absolute GOD’ is capable of giving all the beings every second different experiences for zillions of years to come and not repeating any experience. If he repeats any experience, then He is not ‘Absolute GOD’. Therefore, never think that karma is binding, to acquire physical body one needs to have karma to experience the manifested creation. Depending on the currency that you have paid to board the flight you will be seated in executive class, business class etc and likewise the same is applied to physical body.

Whether you are in a business class or normal class, everyone reaches the same destination at the same time but the comfort varies. At any point of time, anybody can make this birth as his last birth. The situation that one undergoes is mandatory, but suffering is optional. You can suffer in a palace or you can be happy in a hut.

**It seems that everything about the world is said in scriptures, but there is a continuous need to clarify?
Is this true?**

Yes, everything about the world is said in scriptures, but it is said to whom and when? The content of the scriptures is really great, but not everything is applicable on this day. The same things are told again and again by different people, but the methodology is slightly different and the people whom they are addressing are different. You are not going from false statement to true statement, but going from a lower truth to higher truth. Example- Fish lives in water; is a true statement. It takes in water through the gills and takes in oxygen from the water and so on. All these are true statements and one is moving from a lower truth to higher truth.

What is the mistake that human beings have committed?

First, man has accepted that he is not GOD and he is merely a human being made by GOD. How do you tell a person that your core is GOD, you are a reflection of that absolute, when that person vehemently refuses to accept this truth.

Question: Going by the evidence today, can I say that I am GOD, rather I can admit that I am a part of larger power and can't say that "I am THAT" and can't have such great powers with me?

Do you have a child? Yes, you have given birth to a child? You inserted a program and the program evolved. Are you not a creator then? You also had some part to play in this creation. Whatever you are doing, you are creating things in a smaller measure. A person who is making Dosa in the street or a dhaba wala is also making food arrangement to you and thus they are also creating something, but in a smaller scale.

Question: Should the agents or messengers of GOD have great powers?

Answer: Until, you get a job in a company, they will not show your desk. If you haven't got the job, then company will not show you any

desk. First you have to decide to get the job and then the rest will follow. First, accept that what is in you is divine and then think about other things later.

Question: In recent years several top scientists and several intelligent people in the world have come to that the superstition called GOD has to be dispelled. Also the big bang theory also says that just few seconds before big bang, there was set of conditions or series of circumstances have lead to big bang and thus the life started from there. So is there truth that there is something called GOD or creator who is driving the world?

Firstly, the universe is neither created nor will be destroyed, but the material world is continuously changing.

Second, all the scriptures, theories were addressed to people at their time and to set of people at that particular time. Therefore, they may or may not be relevant, at this particular time at the start of SATYA YUGA. One needs to start fresh. Just like, I am holding a plate to eat food and after eating food, I need to wash the plate or if it is paper plate

it needs to be discarded, but if I refuse to do so. Doesn't it make sense? People are committing the mistake of holding on to their old ways and don't want to respond to new energies. Just for an example, a grown up graduate student says "I got 1st rank in 3rd standard in 1st test and I shall use the same pencil/pen to write all other examinations. Is this not ridiculous?

In reality, there is something called SOUL or SELF, which is a reflection of SUPREME GOD. This SOUL is in every one of us and don't look outside to find GOD. You are asking question and I am replying and both of us can't do this act if SOUL is not there in us. Even if your mind is not here or your ear is not connected to mind (listening) then you can't hear anything. What you have heard, to understand that you need intellect and your ear hearing the sound will not make any sense of the words, but only when the mind is tuned to it, then things will get cleared. Therefore, you require the mind to get information from the senses and you need the intellect to cognise the sound and split the words to make better sense of what you have heard and intellect works based on the previously fed data. Therefore, one needs all the three Koshas –body, mind and intellect to experience the manifested creation on the Earth. You have come here on the Earth to

experience the manifested creation and thus acquired the body, mind and intellect and let us enjoy this facility given to us.

If one wants to understand something beyond the earth or manifested creation or knows the creator, then one has to transcend the body, mind and intellect and not give up these. When you are going on the road, you find a speed breaker, you won't think for the speed breaker to vanish, but rather the speed breaker has to be crossed over and one needs to move on. The speed breaker has got a purpose and it may be put on the main road, if there is a school, hospital or if there is a junction. So why should one curse the speed breaker? If there is no indication that there is going to be a speed breaker ahead, then it is a system error- a crime of people who have made the system. If there is a speed breaker, then better put a speed breaker indicator or symbol 1000m or 500m ahead depending on the maximum speed allowed on the main road.

Take another example, this current generation is grown 7-8 inches taller than the height of the previous generation. Their next generation similarly will grow 7-8 inches taller in height. Height of the door in everyone's home will not be sufficient for them to enter. Is it better for

the younger generation to chop of their leg or is it better for you to increase the height of the door?

What is right and what is wrong?

There is nothing called right or wrong. That which works in a particular situation is right. If you drive a car at Indian road speed on any roads in US or vice versa is not possible. You can't drive the way you are driving a car on India, on US roads. Therefore, rules are different in different situations and there is nothing right or wrong about it and what works in a particular situation is right. If you are driving a car on US road but following the Indian rules of road (that is keeping left); then you will be either dead or if you are alive, you will be put behind bars. So, one can't say that I have been driving like this for last few decades in India and I will drive the same way on US roads. Therefore, if one has to adapt to new situation, it must be done immediately and you have no choice.

To advice the younger generation, ADAPT and FLOURISH or RESIST and PERISH. For example, I have a car which runs on petrol, but saying that, I had a diesel car for past 20 years and I have been carrying diesel can as safely for past 20 years, therefore I shall again carry a can of diesel. This statement is irrelevant. For the older generation, their mind

has become so programmed that they can't change to new things. Learning is easy, but making people to unlearn is very difficult.

Example: Talking about Silence

Irony is that there are volumes of book on silence. A Zen master went to USA to give lecture on silence. The hall was jam packed and everyone has great expectation from the master. In the 1st lecture for an hour he didn't open his mouth and at the end of 1 hour he said "The 1st class is over". So why talk about silence.

Question: What appeals the most is the Zen Masters interpretation, at the end of their illumination or enlightenment etc, they conclude that, there is nothing to seek, you already have everything. So the post-illumined state doesn't look remarkable different from pre-illumined state except that person's experience is more harmonious and salubrious.

Answer: Take the example of coconut and copra both with the shell. One will not see the difference from outside. Only when you shake, you

can make out the difference. One advantage in copra is that you can keep it in any position you like, but coconut must be kept straight (vertical). An enlightened person is like a copra and he has nothing to do with the shell, but the coconut has to be kept straight else the water can leak from the eye of coconut and rot. Therefore, externally one can't make out the difference, but internally they are drastically different.

Ramana Maharshi and drug addict may look alike. Both of them, don't do anything, both can be wearing a kaupina; both don't think also - drug addict can't think and Ramana Maharshi has reached a thought-less state. But there is a world of difference between them.

Question: Typical question that are asked are, even though we have great understanding of the macro principles, at individual levels the purpose for each person are different. Say, for example, what I have to do this year, this birth and so on. The translation of broad principle to little stuff is still difficult. How do we understand our agenda in this life?

Answer: You go to a big city central library which has several books from all over the world. How does the size and number of books matter to when you have gone to big central library to seek one particular book that you need. Find the book by searching the catalogue and read the book. The question or worry of how many books are there in library is irrelevant.

Question: How do I come to know about my purpose in this life?

Answer: Whether one know the purpose or not, you are doing the work according to the purpose. The system is so designed that no one will remain in certain position for a long time which is not leading to his purpose. Therefore one can observe that, if one is not doing activities

that one should be doing, then that person is in constant flux of mind, changing his goals, activities, jobs etc in life.

Everyone has got a core agenda and until you finish that, you keep coming back again and again. Unfortunately or fortunately, there is no carry over system in this SATYA YUGA. So all the people who are here on the Earth, either they are good and here or dead and not here. The choice is very simple. Nobody commits a mistake without knowing it as a mistake. He overrules his consciousness and does the mistake. Even the worst criminal does the same and he justifies his consciousness and misquotes and justifies his deeds.

What is the science of Sandhya vandana?

Sandhya is the period of transition between the sunrise and the sunset. In both the morning and evening Sandhya, the Soul is at the Ajna Chakra and it is the Third eye. The Soul moves in the figure of eight (8) from Sahasrara Chakra to Anahata Chakra and the knot is at Ajna Chakra. The upper part of (8) is smaller than the lower part. In the morning 3-6 am the Soul is in the upper part of this (8) and at the time of Morning Sandhya, it is at Ajna Chakra in the knot of (8) and then moves down. At 12 noon, it is at Anahata Chakra to digest all the

material food taken in the body. At 12 midnight, it is at Sahasrara Chakra to assimilate the Spiritual food.

Soul has the centre in the physical body and the Soul moves upto the Sahasrara Chakra at 12 midnight and passes through the Agnya Chakra between 3.24 to 5.36 am, and 5.36 and 6.36 this period is termed as 'Brahma Muhurta' and 'Go dhulee kala' both the periods are the sacred hours for experiencing the SELF assuming that Sun rises on the Earth at 6 am. This is the see-saw effect and both balance the human body to assimilate the needed energies.

What is peace?

Today's World is poised of Domestic strife, political rivalry, religious separation, ethnic hostilities, emotional instability and wide spread social disorder today dominate the world. Many peace treaties have been signed and many peace organizations are in search for peace but unfortunately there is no peace, because none of our parliaments can effectively legislate peace and none of our governments can maintain it. So what then is the definition of Peace?

Peace abides in one, who is in harmony with the manifested creation without judging and views the world as a reflection, in the mirror of one's own consciousness. When you look at a flower you appreciate its beauty. You don't say that, it would be better if the flower was blue in colour, while it is white. You would rather know white as sublimation and black as culmination all are other colours are in the process of purification

Music of Earthquake....

Listen to the earthquakes as they trigger Tectonic from a real time seismic analysis and sound synthesis system.

Tectonic is created in real time by earthquakes as they occur across the globe. One can hear the sound of “OM”

'Shiva Crater' under Mumbai

A huge meteor struck the present location where Mumbai is located, about few millions years ago and created largest crater named 'Shiva Crater', after Lord Shiva, the Hindu GOD of reconstruction and renewal. Its age is estimated to be around 65 million years, Although the site has shifted since its formation because of sea floor spreading, the formation is approximately 600 kilometres (370 miles) long by 400 km (250 mi) wide. The Shiva complex is teardrop shaped, very unusual.

Question: What is Sri Yantra?

Answer: It is the plan of the universe. It is a figure that appears when Om is repeated. The 43 triangles hold the cosmic energy required to run

the universe and these 43 triangles are the energy managers. All ‘Shakti’s’ are feminine and all these triangles are given different names of ‘Shakti’. It descends through the pin hole in the centre and the same is presented as a Shiva Linga in the three dimensional view as Meru.

Meru is the three dimensional view of the universe.

Sri Chakra is the plan of the universe. When you have a Sri Chakra in a house or temple or any place, it is a miniature view of the universe and it attracts positive energies.

Human physical body is in the shape of Sri Chakra.

Question: How does Homa or Agni Hotra Homa in organic farming work? I can feel the difference in energy levels when I perform it. What is the science behind fire, cow dung and cow ghee?

Answer: The world is functioning through ether. Ether is supported by energy. Ether vibrating at different frequency causes different kinds of matter. In Agni Hotra, matter is converted into ether and energy. Agni is the converting agency; mantras are the password to the concerned managers as they translate the energy into the matter required. Cow dung and ghee are the currency used in the other dimensions. The

banker is Agni, the same is translated into cosmic energy are very much acceptable to nature. Dragon flies fix cosmic energy at different locations and the presence of these beings are good for the land and crop.

Question: One who is in higher spiritual level takes more time to shed his material body parts? And also he takes more time for reincarnation since if the civilization is not appropriate to descend on Earth?

Answer: A spiritually evolved being chooses his time of descent and ascent. Vishwa Mitra Maharishi came down as Jesus Christ and as Swami Vivekananda. Both the descents he left early. Sir C.V.Raman was Atri Maharishi and he lived long. So you cannot draw line or find what makes the masters descend or ascend. It is simply the will of SUPREME GOD, and those who are in tune with their SELF can get connected to the SUPER SELF or PARAMATMA or SUPREME GOD. Such souls will be directed and guided and they will perform great

deeds without any publicity or ado, and leave quietly as the sun rises and sets.

Question: Is there anything in this universe which is in a state of rest?

Answer: The only thing at perpetual rest is Brahman. The SELF is active and at rest simultaneously and it is the SUPREME GOD or Brahman (that ordains, conducts, and experiences the activity that is the whole drama of creation).

Question: How is vibration energies related to state of matter?

Answer: Matter is nothing but energy vibrating at different frequencies that has caused the world to emerge. It is through sound energy AUM, A stands for Agni that is fire, U stands for Udaka, that is water and M stands for Maruta, that is air. Thus began the vibrational cosmic dance of lord Nataraja. This keeps the world going on and when he stops HIS dance, all the vibrations will cease, and all matter will be withdrawn into the cosmic being known as SUPREME GOD or PARA BRAHMA

Question: What is the significance of chanting mantra?

Mantra is a sound energy that cleanses the mind of Vasanas. It churns the Mind.

Question: How does Kundalini Shakti rise on chanting mantra?

Answer: Kundalini is a SELF operative principle, chanting only prepares the channel for the ascent of kundalini shakti.

Question: What is the difference between meditation by chanting mantra to keep mind busy in thinking about GOD and concentration?

Answer: Meditation is opposite of concentration. In meditation, you engage the body mind and intellect in different activities and are done simultaneously. But, focusing on all the three to achieve any work is concentration .You, need not have to think of GOD, keep your mind quite, free from thoughts, you will know GOD; HE is beyond body, mind and intellect.

Question: What is confidence?

Answer: Confidence stems from the soul, for there is nothing in the manifested creation that is out of its scope to achieve. Do you know the reason?

Everything that happens in the world is simultaneously occurring in the realm of one's consciousness, within the purview of the soul. All that is required for any individual is to get connected with the SOUL or SELF or THAT or GOD.

The process is very simple HE communicates through the language of silence from the sanctum of our heart the seat of our soul, so be silent for just 24 Min's on a daily basis at a selected time of your convenience, at the same time, just for 48 days. You practice and remain connected for ever. Thus, never ever a doubt will crop in your mind, and you will fulfill your ordained mission as a part of cosmic plan, leading a life full of joy, peace, prosperity and eternal BLISS.

Question: Are humans born with any instincts? Are reproduction and dying instincts?

Answer: Yes, it is with respect to body, but the individual (soul) is from a higher realm and is endowed with intellect and to know and understand and experience this world.

Question: Are humans born with "clean slate"?

Answer: Yes the very first descent was clean. But, subsequent births took place, for those who indulged in sensual pleasures transgressing the prescribed guidance and thus tarnishing their minds with residue, which was caused by the excess experience given through the senses in the body. As you know the mind is equipped with a filter, not to allow any experience to pass through it if it is not required by the Soul. Thus the collection of karma began (cause and effect) and the cycle of rebirths started.

Question: What is the best way of Understanding Society?

What should be an ideal society?

Answer: Everyone should meditate and free himself of the karmic debts and exercise the mind, body, intellect as directed by the soul which is only an extension of SUPREME GOD.

Question: What is the best way of Understanding Politics? What should be an ideal political system?

Answer : When everyone comes to know that he or she is a reflection of GOD, they will treat each other with love and respect no one will cheat

the other, because they know it is only one GOD appearing as many, to have the play of this creation going on.

Question: Does human brain think in binaries (0 or 1) i.e. is it dialectic. If No How to reach a monolithic thinking based on universal true laws, universal, unconditional Love, considering all as equal?

Answer: The brain does not think. It is the mind doing the thinking job, the mind carries the blue prints of all the physical bodies it has gone through (births) and the tendencies acquired during these births. The mind is thus programmed to be dialectic. But, universal unconditional love is possible easily because each of us is interconnected as we are all a drop of the same ocean called Brahman, We, humans become a drop, when we transcend the limitations of body, mind and intellect and at the level of soul we are all reflections of the same Brahman, reflected in different containers called the body.

Question: What came first in this world the Idea or thing?

Answer: Neither. There is nothing called beginning or ending of life. It has all ways been a continuous flow, only that the form keeps changing as each ones need, prompted by desire or vasanas.

Question: How did first humans come on earth?

Answer: It was by collective choice to experience the manifested creation.

Question: What is materialism?

Answer: Everything in creation is material, that which experiences this creation is spiritual call it soul, GOD or SELF whatever you may choose.

Question: How does prana (non material) manifest into material things (body) and soul (non material)?

Answer: Prana enters the body with the first breath and life is given to each individual as certain amount of breaths, not as days months and years. It is up to each individual to use the same as directed by karma or grace, the choice is made by the individual.

Question: Who are Aliens?

Answer: They are already here on the earth. When will they reveal themselves to the world? Since the civilisation is not appropriate to know all about Aliens, but after a great change they should reveal.

Aliens are those who don't belong to the earth, i.e. the souls who came from PARABRAHMA LOKA TO THE EARTH and these are the only beings who are going to be allowed to remain on the earth and all those who have come for a holiday of 300 years have to leave. You can guess who all fit into that category!

What is Spirit?

Everything which has life is 'spirit'. A human is not just the body, but has Soul. Everyone is a spirit having the Soul and the Soul expresses itself in several ways and this depends on different degrees of density of Koshas. If all the Koshas are clean, transparent then only soul expresses itself in its original state. The real SELF is pure, a spark of divine fire. Words cannot express it and one fails to explain things about Spirit. Spirit is the drop from the Spirit Ocean – a drop of water in the ocean and thus it is a reflection of SUPREME GOD. When one arrives at the level of consciousness of soul- he will realise that it is beyond the body, mind and intellect and one cannot express it.

Every city also has a Spirit. The first visionaries of the city have certain ideas, and they develop the form of a city which they imagine and their ideas take the form of a city. Depending upon their intellect of the visionaries the city develops. Every city should have a divine vision and this vision takes a form of divine deity which is the Soul of the city. Since all activity is a form of 'Para Shakti' The divine GODDESS. Till one worships that divine vision of city, the deity takes care of the city. If city as a whole loses focus, then the spirit of the city dies down. Krishnadevaraya Emperor of the Vijayanagara Empire, built the city Hampi. When Krishnadevaraya wore the Gold in his slippers which was an insult to the deity of that city, his kingdom came to ruins. A Universal Law is that "Gold should never be put below the hip". The same is believed to have happened to 'Satya Sai Baba' He wore AshtaLakshmi made of gold in his paduka. He was supposed to live for more than 100 years, but after wearing gold in his paduka he was forced to leave his body. Nobody is so superior to Devi Lakshmi. This was the message given to the World.

What is positive and negative energy?

Yes, both positive and negative energies exist. But there are some dimensions that have only positive energies. The positive and negative energies can be in different dimensions. The higher worlds point to the

Earth to show the negative energies. Thus the concept that, positive energies have an opposite negative energies may not be in same dimension. To show the valour of Hero in a movie, there need not be a villain. A best example was Mother Theresa.

Science of Gayatri Mantra

It is the energy that connects all the divine beings to function in their respective responsibilities. If you repeat Gayatri Mantra, it will give necessary energies for you to function. If anyone repeats Gayatri Mantra in Pranayama, Gayatri Devi will give appropriate energies for you to function. In reality, Gayatri Mantra is a very sacred mantra, and should be told in silence or mouna and should not be told aloud. If one repeats, one Gayatri Mantra in one breath then one becomes strong and more the number of times one repeats in one breath, stronger one becomes. If one repeats 108 Gayatri Mantra in one breath (kumbaka), then one can travel in his astral body to any part of universe.

Now, the original Gayatri Mantra is not known to this world. What world thinks as 'Gayatri Mantra' is 'Savitri Mantra'. It will be again given to the people when the world is civilised. Gayatri means 'Gaya' + 'treya' that means sing it thrice. It has to be sung in a particular mode and note three times, morning before sunrise, noon at 12 and evening 24

minutes before sunset. Gayatri Mantra is more powerful than a nuclear power and thus it is not available easily to mankind.

In SATYA YUGA, the sound energy will restructure the forces on the Earth and will replace all other forms of energy.

What is the significance of OM?

OM as a sound has several meanings. It contains combination of three elements, AUM, A stands for Agni that is fire, U stands for Udaka, that is water and M stands for Maruta, which is air. The sound emerging from the vocal chords starts from the base of the throat as "A". With the coming together of the lips, "U" is formed and when the lips are closed, all sounds end in "M".

The three letters symbolize the three states (waking, dream and deep sleep), the three deities (Brahma, Vishnu and Shiva), the three worlds (Bhuh, Bhuvah, Suvah) etc. The Lord is present in all these and beyond.

Om has an intuitional outcome on the body, mind and intellect on the person who repeats and also on the environs around. All auspicious actions begin with Om.

The formless, Lord (Brahman) is represented by the silence between two Om Chants. Om is also called *pranava* that means, "That (symbol or sound) by which the Lord is praised". The absolute Brahman used

the sound energy of OM to create the worlds. Hence its sound is considered to create a propitious beginning for any mission that we undertake. The Om chant must have the resonant sound of a bell.

It has four loops. The first loop is purity, second loop is humility being, third loop is renunciation, and the crescent is love the bindu is GOD. During any earthquake, volcano, tornado one can hear the sound of AUM. All sound, words end in Omkara. Om is written in various ways. The most common form symbolizes Lord Ganesha's. The topmost arc is the head; the lower large one, the stomach; the side one, the trunk; and the curved spot with the dot, represents the modaka in Lord Ganesha's hand. Thus Om symbolizes several more things.

What are emotions?

Emotions emerge from mind. When mind is compounded with feeling of senses it becomes an emotion. Thus, emotions occur at the realm of mind and can be expressed, whereas feelings occur at the realm of Soul and can't be expressed. Love is a feeling and can't be expressed, it has to be felt. Like fragrance, fragrance can't be shown, you have to experience it. Emotion is nice to experience like a breeze.

Emotions can be controlled by breath. When one is having bad, sad emotions one can get rid of it by breathing deeply and thus by

controlling breath one can control emotions. One should not yield to emotions. Yogi manages emotions like a horse rider manages his horses on chariot. The horse listens to noise of the whip of the horse rider, but horse rider does not hurt the horse with the whip. The horse thinks that I may get hurt and thus it obeys the directions of the horse rider. If the horse rider hurts the horse, then he is a fool. That is how one should deal with emotions also. One can express sorrow, but don't be sorrow. Therefore "wield to emotions and do not yield to emotions".

What is Maya?

The entire creation is supposed to be Maya. If you perceive it as Maya, you can't experience the manifested creation. Accept it as divine mother, another manifestation of divine mother. For example, Lord Krishna, was born to Devaki and brought up by Yashoda, when he opened his mouth as a child, Yashoda saw the whole universe in His mouth. Then she realised the truth that Lord Krishna was GOD. But immediately Lord Krishna created an illusion or maya, to show that what Yashoda saw was an illusion. If Lord Krishna had not created the illusion, then Yashoda would have begun to worship Him and would never think Him as his child. Lord Krishna felt, that He would lose the Love of his mother (even the lord descended to experience the love of mother and those who have their parents should venerate them and

receive love as their blessings) thus he created maya. Now tell me what illusion is and what is real? What is always there forever is real, which is the un-manifested world, the divine. The divine has no physical form, but all physical forms exist because of Him. The divine exists even without the form and yet gives a feeling that it exists. Our existence in the world is as the colours seen in the sky. Does the sky really have colour?

How to access the Cosmic Internet?

The information available in the cosmos is called ‘cosmic internet’. One can access any information in any of the 18 Lokas, when one is Zero or ‘Namaha’, then only one can become a Hero. Since when a person is Namaha, then he is one with SUPREME GOD, say representing ‘One’ or ‘1’. Mathematically, when ‘1’ is followed by zeros, it has a value. 1 divided by zero is infinity. 1 multiplied by zero is zero. This implies that, simply surrender to ‘one and only one’, you will experience infinity everywhere.

What is the purpose of human birth?

You as a Soul are from ‘Para Brahma’ loka, have descended to experience the manifested creation. The manifested is also ‘Para Brahma’, the divine form and this is not false. This is also real, but it is

a changing reality. If the manifested creation has come from the un-manifested 'Para Brahma' which is pure and perfect, then how can manifested creation be impure or imperfect? The difference being that this manifested is changing reality and un-manifested 'Para Brahma' is constant. Even in all of us the unchanging reality is there, which is the Soul. Therefore, let us not approach this world as false, approach this world as changing reality. We go from a lower reality to higher reality. For example, Fish lives in water which is a true statement but it is not a complete statement. Fish takes water from the mouth and in the process takes oxygen from the water. This is a better statement. Thus on the same topic one can start from LKG level of understanding to PhD level understanding. Thus one moves from a lower truth to higher truth. We, human beings have taken human body to experience the manifested creation. So to experience the manifested creation one birth is not enough for a person, then that person takes several births. Therefore, Karma is the currency, with which we acquire the physical body.

What is 'Vasu Deva Kutumbakum'?

In 'Vasu Deva Kutumbakum', the king who ruled his kingdom treated everyone as his own family member. He had concern for all the people in his kingdom and everyone was respected and treated with dignity. The 'Vasu Deva Kutumbakum' was functional during 'Rama Rajyam'.

An 18 year old boy of a Brahmin passed away, his father challenged Lord Rama, “How can this happen in your Rajya”? Another question is that “In ‘Rama Rajyam’, Ravana was also present, so how can one call it as ‘Rama Rajyam’?”

Answer: Ravana was a very noble King. Ravana lived for one cycle of 51,000 years i.e. previous cycle of Yuga and only in the next cycle Lord Rama was born. He got fed up of comfort. If one is put into five star hotel for 10 years or so, one will be fed up. Then one shall feel that “Oh I want to get out of this five star hotel comfort and go to a place where I shall prepare my own food and eat it since I am bored of food, that comes daily to my table and also I have not worked all these years and I am fed up” Similarly Ravana was fed up of his body in previous cycle, and wanted to give up his body. Then, “How shall I do it”? This was the question Ravana got. Therefore, he kidnapped Sita and thus Lord Rama would get angry and would kill him. So he took this as excuse to leave his body. Ravana knows all 64 arts. All the wisdom of 64 Arts, are known only to 4 people. Lord ‘Surya Narayana’, Lord ‘Ganapati’, Lord ‘Anjeneya’ and ‘Ravana’. Therefore, he planned to make GOD angry and thus planned his exit so that Lord must come to him to kill. Even when Ravana was dying, Lord Rama sent Lakshmana to learn the art of administration from Ravana. Then Ravana sheds tears, saying

“How great is the Lord. If I don’t transfer the knowledge that I have acquired to someone else, then I shall be born as ‘Brahma Rakshasa’.” Therefore, he teaches the art of administration to Lakshmana and then leaves his body.

In Ayodhya, during ‘Rama Rajyam’, there were no natural calamities, famine etc. Unnatural death was out of question. Therefore when 18 year old boy died, his father went and asked Lord Rama about the reason for his death and asked Lord Rama to check if something is wrong. Rama then sent his spies, and then one of them discovered that one person was doing a practice which was not supposed to be done. Then Lord Rama stopped him for doing that practice and the boy came back to life. For comparison take the example, of tripping of electricity in the house. It is easy to pull the switch of trip back, but one has to find the reasons to why the electricity got tripped. When king is respected as GOD, when GOD Himself was the King, everything was fine. If everyone follows the principles of Truth, then everyone is Lord Rama themselves. What Anjaneya tells Lord Rama is that “At the level of core, you and me are the same, in the physical form, you are the Lord and I am your devotee”. In SATYA YUGA ‘Vasu Deva Kutumbakum’ will be established and everyone on this Earth will be a reflection of GOD,

One grain of rice is a meal for 50 ants, one handful of rice is a meal for a cat, and one bowl of rice is a meal for humans. The rice is the same, but the quantum varies and Nature in SATYA YUGA will provide everything that is needed for everyone.

Example of ‘Vasu Deva Kutumbakum’ in a family .A lady cooks food in home, first the children are fed, then the elders are served and then she serves the food to all and finally she eats the food. This is one of the principles of Vasu Deva Kutumbakum’, which is applicable to a family.

Scientific reasons for making water ring while eating food

In earlier days, people used to eat food sitting on the floor and usually the floor used to be made out of cow dung and thus generally ants used to be there on the floor. Thus one will make a water ring so that ants will not cross the water ring. Then you keep some grains of rice for the ants outside the water ring and pray Chitraya swaha, Chitra Guptaya swaha, Yamaya swaha, Yama Dharmaya swaha and thus in the name of these Lords you feed the ants.

Also in Indian culture, we keep food for the crows, pigeons and other animals and this shows the concern for all species on Earth and thus we are concerned about whole eco-system.

A crow is a scavenger, it is a clean scavenger and it eats all the leftover food, but all crows are sparkling black and they never get dirty, but rather they eat the leftover food of humans. Cockroaches and crow are oldest species since they survive with whatever is available. Any species that depends on only one type of food will perish when that particular food gets extinct. Cockroaches are found in places where there is leftover food which goes into the drain and thus they feed on it. Those homes which waste a lot of food and don't clean up this waste food will generally have lot of cockroaches.

Why several Deities have made animals and birds as their 'Vahana' or 'vehicle'?

All animals from rat to lion, from crow to garuda are 'vahana' for several different deities. This is symbolic and shows that one should be concerned and protect all other forms of life, species. For example, one should not kill a mouse since it is a 'vahana' of Lord Ganapati. Let cats have their meal.

There was a Lady Saint called 'Avayar' and she used to tell that "whatever you have learnt is a just equivalent to handful of sand and what you need to learn is rest of the sand in the beach" Therefore the message she gave us is that "don't be content with the knowledge you

have, continuously seek for more knowledge and thus perfection”
Perfection is not a destination, it is a journey.

New technology shall come, when one can produce electricity for whole of the city from one single atom. *“Vishwa dalli ondu ondu anu valli eruvavanu “Vishnu”* which means that “One who is present in every single atom in this world is ‘Vishnu’

How to transport Human body?

A new kind of system will be introduced similar to space shuttle and this system will be based on sound energy. Space shuttle, which will be circular disc shaped and when one inserts a compact disc, generates certain sound energy at certain vibration and this travels all over the world. It also can escape from the atmosphere, it can go to other world and return back also.

The Earth is moving around the Sun so fast that, without gravitation one would reach USA from India in 12 hours, but Aeroplane takes about 18 hours.

Story of Raidas in Varanasi

There was a cobbler by name Raidas. How he became famous was that, one day a Brahmin was going to Varanasi, then suddenly his slippers tore and thus he came to cobbler Raidas. Then Brahmin asked who is in the temple at Varanasi, the the cobbler replied that “He has no idea, since they are not allowed inside the temple. May be they should ask a Brahmin since only Brahmins are allowed”. Then this cobbler gave a coin to the Brahmin and told him to put this coin in Ganga river when he takes bath. The Brahmin accepted it and kept the coin in his Dhoti near the waist. Next day when he was taking a holy dip in Ganges, the Brahmin offered the coin to Ganges. Then Ganga Devi appeared and blessed him. Ganga Devi gave a bracelet to him saying that, it has to be delivered to Raidas. The Brahmin was thrilled and his lower instincts took over, he started thinking that of what use is this bracelet to the cobbler” If I give it to the king he will reward me with lot of wealth, he approached the King ‘Kashi Raja’ and offered him the bracelet. King gave it to Rani and she was so amazed with the bracelet that she ordered the Brahmin to bring another one so as to make a pair. The King ordered the Brahmin to get him another bracelet and also promised that he would offer him anything he wanted or else he will be killed. The Brahmin again went to same place on the banks of Ganga and started

chanting all the mantras, slokas etc that he knew, but Ganga Devi never appeared. Straight away he went to Raidas and fell at his feet. Raidas was surprised as to why a Brahmin is falling to his feet and told, “You Brahmins are the ones who chant Gayatri Mantra and this energy maintains all the 14 lokas. Then why is that you as a Brahmin is falling at the feet of cobbler?” He asked the Brahmin as to why he was worried. Brahmin told the entire story, and Raidas told that, “For such as simple matter you are falling at my feet and insulting Gayatri ma”. Then he requested and prayed to mother Ganga and she emerged from the vessel used by the cobbler, to dip his cutting knife and gave another bracelet. The Brahmin narrated this story to the King and he ordered to bring Raidas. But Raidas rejected and said politely, “I am here to serve the pilgrims coming to Varanasi that is my ordained duty I SHALL STIR FROM THIS PLACE ONLY WHEN COMMANDED BY THE LORD HE WHO RESIDES WITH IN, I don’t go from this place where I sit” The King came to meet Raidas- he was Meera Bai’s Guru. The moral of the story is that GOD sees no caste, race, religion, class and sex. Purity of mind is the only thing needed “Blessed are the pure in heart for theirs is the Kingdom of GOD “.

Story of Chanakya

Once, Chanakya observed an ant, carrying a food grain, in the main hall of the palace. It moved under the carpet. Immediately Chanakya noticed it and ordered his sub-ordinates to dig the place where ant was heading. He guessed that there must be a tunnel where ant was carrying the food grain. Immediately that place was dug and they found a tunnel underneath and the enemies were holed up there. The King was very impressed. Such were the ministers we had. Just by the observing a small ant, Chanakya was able to find out the tunnel.

Once during the lifetime of Chanakya, few people in the kingdom visited his abode. They found that he was staying in a small hut with bare minimum stuff in his home needed for his living. Then people were shocked and asked Chanakya, he being the minister should stay in big house and should have all material comforts. Chanakya replied, “If, I start staying in a big house, then you people will have to stay in huts, and slums” Such was the ideals of the ministers in those days. One can just imagine how our ministers are staying? The ministers are in palaces, and majority of the people are on the streets.

Attitude

You are what attitude you carry. One must carry knowledge as a flower carrying fragrance and not like a soldier carrying a sword.

One day Ramakrishna Paramahansa and his disciple were going in a boat. His disciple told that he can walk on the water since he has meditated for more than 12 years and gained Siddhis and thus he demonstrated it to him. Ramakrishna Paramahansa replied by saying, “What you could have got in this in 1 rupee and you have wasted 12 years of your life, If you had paid 1 rupee to the boatman, he would have taken you across the river and why waste 12 years on such activity?” The moral of the story is that, one who is on a spiritual path should not demonstrate when he starts getting powers, else he will get stuck at that level itself and will not reach the final goal. Doing magic, materialising things, showing powers are lower levels of spiritual development. One should not indulge in such activities and one should not ask Sages about material things. One could rather ask “Sir, you have given up all the material stuff, what is that you have gained and how”. Sadhu also should not make GOD as commodity and sell meditation, yoga etc. The Sages used to be away from the palace and thus away from the political system, but the Kings, rulers can approach the sages for guidance. Thus Sages guided the humanity and they never aspired

for material gains. Sages should never beg for money and should give the knowledge that they have acquired, for benefit of the humanity. In olden days, the Sage used to come to the King only when something would go wrong and they used to tell the King of the corrective measures to be taken. Example- Sages would know about the coming famine in that kingdom due to ill deeds of the people in the kingdom. Thus sage would ask the king to make arrangement for the coming famine so that humanity does not suffer and he would order king to give him things, to perform Yagna so that the effects of the famine would not affect the kingdom.

Also, in the temples, there used to be granary so that during the time of famine or any other unexpected events people of the entire village would be fed for 3-6 months from the granary in the temple. They also used to put grains-‘Nava Dhanya’ in the ‘Kalasha’, whose life used to be for 12 years and if all the seeds- are exhausted then the seeds from ‘Kalasha’ could be taken out and used for sowing. Traditionally, everything was perfectly planned. The current generation has lost many noble practices and each one has to enquire and find the reasons for several of our traditional practices.

Who is a spiritual person?

Fundamentally everyone is spiritual, since everyone has Soul or spirit. The spirit has acquired the body but not the other way around. When we die, the prana comes out of the body and then the Soul or Spirit moves away from the body. For example- when one is driving a car. When the fuel gets over the car stops running. Similarly when the Prana is completely exhausted, the jeeva moves out of the body and the person is declared dead. So the question is – How do we maintain the Prana in the body or how do we invoke the Prana? If one takes only one breath in a minute, then he/she can live for 1800 years. Everyone is given a definite count of number of breathes before we are born and we will live based on this count of number of breaths and not by defined age.

Darwin's Evolution Theory

The Darwin's evolution theory is applicable only to physical body and not to the Soul. Since the physical body is ever changing, the manifested creation is continuously changing. What should the Soul evolve into? Soul is the spark of the 'Absolute Brahman' Soul needs no evolution and what is that it is going to evolve into. Is it the mind that evolves? Mind needs no evolution, Soul is coated with 'Anandamaya Kosha' which we have acquired from 'parabrahma loka' and there is nothing here more superior to this and thus it can't evolve. Next 'Vigyanamaya Kosha' is acquired from Devi Loka and that needs no evolution. Similarly, the 'Manonmaya Kosha'. The 'annamaya kosha' is made from the materials available on earth and this can't evolve into higher worlds. What evolution are humans talking about? The evolution needs to be spiritual by erasing the vasanas and clearing the mind and intellect to reach pure state. If filth is stuck to the shoe, you need to wash the shoe and again wear it. Therefore, there is nothing like evolution, if you want to go into higher worlds through higher consciousness. Sleep is unconscious meditation and meditation is conscious sleep. A man differentiates by comparison, but there is no one superior or inferior. Each individual is fine as they are. Each one

has chosen what they want to experience. In a particular descent, a sage chooses to be like that and one can't compare this experience and his previous existences. Therefore, each experience is different and there is nothing superior or inferior.

Theory of Evolution of the Soul: Spiritual Evolution Theory

The first set of Souls that came from Parabrahma Loka to experience the manifested creation. They were born as apes; they had the blue prints of physical body. Shifting the vertebrate from inclined angle to straight line took around 50 million years and thus the souls were born again and again and thus the physical body evolved in the process. The present condition of the body is due to the result of several years of evolution. Darwin's theory hold good for the physical body and is not true when applied to the Soul.

Earth was created by the Creator around 2 billion years ago. The creator used the Souls of the Micro-organisms, insects, reptiles, Plants, animals etc to make the Earth ready for the descent of the Souls from 'Para Brahman Loka'. Micro-organisms, minerals, Plants etc have group Soul and not individual Soul and they don't have mind. Creator also set an evolutionary process for them, each species gradually evolves and each

one shall go through 84 lakh births in several bodies of species. A single celled creature will finally evolve into a cow and a cow will be born as a 'human'. When species are born as human being, each species have 7 births as option. In seven births, they can get liberated and go back to SUPREME GOD and they will not have mind in human birth, but only have instincts. Suppose if they show excessive tendency to any particular activity and they will be born as that species again and again they will have to go through the evolutionary path.

But, human souls which have come from 'Parabrahma Loka' will not be recreated as animals, birds or any species other than human, unless cursed by a Sage or showing excessive desire to particular tendency, activity, only then, they will be born as that species. But, the misery is that, when a human being is born as a species, he will be aware that he is a human being and this is the punishment. Thus in a body of particular species, they want them to be treated as human beings, but that doesn't happen and thus they suffer.

At present, two third (2/3) of human population of the world consists of species. Thus all these species will be re-created and is recreation of GOD. All these species have only one birth and they will be recreated as whatever species they were before and from there they will go through the evolutionary path. Thus in SATYA YUGA, two third (2/3)

of human population of the world will be reborn as species and thus only one third of human population will survive. This will happen from 2012 to 2017 and the world population will be one billion. From 2028 the world will get restricted on the lines of Satya Yuga and it shall take 14 years i.e. 2042. Humans will evolve to fifth dimension and changes will happen at all level i.e. physical- DNA (genetic material) changes, mind, and intellect. Every single cell in the human body will change and every single cell in the nature will change due to the new energies of SATYA YUGA. Human height is going to be 27 feet in the peak of SATYA YUGA

Outer Body and Inner Body

The physical body is our outer body. It needs food, water and air as inputs. A person can perfect his physical body by exercise on specific muscles. An athlete- a runner sets new record every year as he goes on perfecting his body, i.e. exercises his muscles.

Inner body is interior body system and all the internal organs constitute the inner body. The same way one perfects the outer body, one can perfect the inner body by doing exercise on inner parts such as Yoga exercises. This helps both inner and outer body. One also needs to exercise the mind. As one cleans their house everyday by sweeping and cleanses our physical body by taking bath, one also needs to clean his mind by meditation. One has to meditate to clean the 'Manonmaya Kosha'. A child reads character by character in early days of reading, and then as it grows up, it reads word by word. Therefore one can train mind to read line by line i.e. reading entire line at a glance, then entire paragraph, entire page, entire book at a glance.

Place and Space

Place is a geographical construct. Space is a mental construct. When we build houses, buildings, roads, in general infrastructure we call this by specific name, i.e. name of a place. In the house, we have living room, bedroom etc and all these are referred to as place and the emptiness between two physical entities is called space. All materials vibrate at different frequencies and thus they form different material objects. These material objects also have space in them i.e. spaces in an atom. All the materials in the universe can be reduced to the size of a room and thus everything else is space.

Space in the room is ever changing. The space at a particular moment changes every second since the earth rotates and revolves around the sun and thus space is ever changing.

All the cosmic intelligence is stored in the cosmic space. One can know about any event that happened millions of years ago or an event that is going to happen million years later. This is because all the information is stored in cosmic space.

Who is a “Guru”?

A “Guru” is the one who is a “Realised Soul”, who knows the Ultimate Truth. He has not come to prove that he is great or he is GOD. He already knows it and doesn’t need to prove it to anyone. Guru gives the ultimate knowledge, the knowledge of the whole, which can’t be improved upon or negated upon. He only finds those disciples to whom he shows the path and he shows his disciples that they are also GOD, part of divine Brahman.

Brahman is the ocean. All the droplets in ocean are like different souls which are the same. If you can understand by knowing one droplet in the ocean, you will be able to understand that it has the same properties that all other droplets have.

GOD = ‘Energy’

‘That’ or ‘GOD’ is beyond the body, mind and intellect to describe, but one has to experience ‘that’. Guru will help one to realise that their Soul is nothing but GOD and thus all are GOD. They need not have to go in search of Him anywhere, but He is within all.

We practice idol worshiping and go to temples etc, these represent the infinite in some finite way. One can understand the infinite through

finite or know the unknown from known. All mathematical problems go from known to unknown, if $x+y=10$ and if $y=5$, then you can derive the unknown 'x' from the known. Similarly, one can understand the unknown through known. Thus Guru helps one to find the infinite from the known.

Anaesthesia

Basically doctor by giving anaesthesia to the patient will bring down the pain and cause numbness temporarily. Anaesthesia cuts off the supply of Prana to that part of body where it is given. Therefore it alters the electromagnetic waves in that region and thus Prana is not supplied to that part and hence one doesn't feel the pain.

Is spirituality and Science different? How can spirituality be proved by science? Why is it called mysticism and occult science?

Spirituality and science are not different. The Sapta Rishis and other great sages are super scientists. Each of them have taken external subject and dived deep within to find the solution and whatever they have come up has become part of Vedas, Upanishad etc.

In Sanskrit, every word has 12 meanings. The science has not realised all the different meanings of the material world, but super science-spirituality is the ultimate knowledge

Why does one feel fresh after taking bath?

Our body is made up of 72% water. When we take bath, the energy of the water will be transferred into our body (water) and thus we get recharged when we take bath, the energy moves from lower level to higher level.

River water has maximum energy or prana. Wells or ground water or water flowing below the surface of earth also has good energies. Tap water has only 30% of river water energy.

Law of Attraction

This is one of the principles of law of cause and effect. In our previous life, we would have been fascinated or attached to someone by either love or hate or any such feelings. These people will have certain affiliation to us and all tending in the direction of mutual adjustment, change, development. It is a law of cause and effect which cause us to receive a hurt in this life since we would have hurt that person in the previous life. If one would have helped someone in previous life, then this person would show great positive vibrations to us in this life. The person, who had caused hurt to us, may have no intension of doing such an act, but we are brought into such circumstances whereby we receive the pain from acts of that person, even though it may be unconsciously or consciously done.

Inner World

By birth we are taught to observe, listen, and play etc in our outer world. The knowledge of mind, of internal nature of man, can never be obtained until he acquires the power of observing the facts that are going on within us. It is comparatively easy to observe facts in the

external world, as there are many instruments that have been invented. But in order to observe the internal world, one has to make use of the instrument of “Brain”. The power of attention, when properly guided and directed towards internal world, will analyse the mind and illuminate facts of inner world to us. When one listens to the inner voices, then he can make better sense of outer voices. External world is a gross form of inner world which is subtle. The fine is always the cause, gross the effect. Therefore, external world is the effect and inner world the cause.

Pranayama

Breath is like a flywheel of a machine. In a big engine we find the flywheel moves first and that motion is conveyed to finer and finer machinery until smallest part moves. The breath is that flywheel which supplies, regulates the Prana and sets everything into motion. Breathing is used to bring about the rhythmic movement and channelize the energy under the will power.

Spinal Cord

There are two nerves current in the spinal column. Pingala, Ida and a hollow canal- Sushumna. All the nerves carry vibration to the brain and from the brain to other parts of the body. This spinal cord, at brain, ends

in medulla and is suspended in a liquid and thus floats in the brain. Therefore, if there is any blow to the head, that force is absorbed and dissipated in the fluid and will not hurt the medulla.

What is electricity?

It is a sort of motion. Suppose that the chair, you are sitting on- if all the molecules in the chair start moving in a particular direction then that becomes electricity. Electric motion makes molecules of a body move in the same direction. If all air molecules in a room are made to move in same direction, it will make a huge source of electricity in the room. Everything in this universe is in motion and it is very easy to generate electricity from several sources.

Mind

Everything that we see or imagine or dream, perceive in space is mind. This ordinary space is Maha akasha.

When a Yogi reads thoughts, perceives super sensuous objects of others, he uses a mental space called ‘Chitt akasha’

When perception has become objectless, soul shines in its own nature, it is called ‘Chid akasha’

When Kundalini is aroused and enters canal of Sushumna, all perceptions are in the mental space. When it reaches the end of canal which opens out into the brain, the objectless perception is in the knowledge space. One can send current waves through Sushumna without using Ida and Pingala. Take an example- man can send a current only along a wire, but that is not mandatory since one can send wireless signals. Ida and Pingala are wires, but wireless communication is possible if one uses only sushumna and this can be done by practice.

In a ordinary person the Sushumna is closed up and it can be opened when a nerve current is made to travel through it. When a nerve current is carried to Sushumna, it reacts and is followed by a motion.

Dreams

In dream there are no actions from outside. Sensory motors are coiled up. In the waking state, one can see a city and have a perception of this city which is stored in the memory. One can see the same city after a long time, milder forms of similar vibrations in the brain are set in and one can recall the perception of the city. These perceptions are coiled up in ‘Muladhara Chakra’ and when one is in dreaming state, these bring out mild reaction and thus one call them as dreams.

How does the mind register an object?

We have eyes, but eyes don't see. Now assume that we didn't have nerve connection to brain, will our eyes be able to see and recognise an object? Answer is No. Now consider that, you are seeing a moving car. But your mind is engrossed in some other activity happening beyond the car. Your mind didn't register the car. The explanation for the above event is that- First, there is an instrument, which is the sense organ. Then there is connection from these organs to the brain via nerves and finally there is consciousness. When the mind is attached to both these activities, then one can recognise the object.

What is thought?

Thought is a force similar to gravitational or repulsion force. Our mind takes in Prana from the infinite source and our mind takes this force, processes it, holds it, analysis it etc and sends it out as thought.

The different states of mind are Sattva, Rajas, Tamas.

Thoughts have the tendency to assemble together. The average thought atmosphere of a neighbourhood is combination of the thought of people residing in that community. Therefore, all places, like people have their characteristics which depend on the collective thoughts of that place.

The thought atmosphere of a village, city, region or even an entire nation is composite thought of those dwelling in it or who have formerly lived there. One can feel the changed atmosphere of a place when one goes to a new place. Unless one finds harmony with one's mental character in this new place, one will not feel uncomfortable in this new place and thus desire to leave the place. If one stays there, then one will be influenced by that thought atmosphere of that place. Each city today has its own personality and characteristics as a consequence of certain appearance of thought on part of early dwellers of place or from dwellers those living now. This in turn affects new comers and they also add their new thoughts. Thus cities have evolved and transformed in their characteristics –“air of place” which is thought-atmosphere of a city.

These may be modified or changed to a great extent by a new set of people coming into the city. A few energetic thinkers can overcome negative thoughts in a city. If one removes a lethargic dead community, then the complete atmosphere of that place can be transformed.

Idea and thought

Every idea that one has in the mind has a counterpart in a word. The word and thoughts are inseparable. External-> word, internal-> thought

The idea that language was created by men- sitting together and then deciding words etc is wrong. Example- a same thought may be there in 100 countries but their language is different and they may sound differently. The relation between sounds and thoughts is natural one. A symbol is manifestation of a thing. The word of GOD is OM. There are hundreds of words for GOD, but underlying word is OM. In making the sound we use larynx and palate as sounding board. OM is basis for all sounds.

Significance of sacred thread and Upanayana- thread ceremony

Sacred thread is symbolic of the milkyway upon which our universe rests. This is worn across our body. So our body represents the centre of the Milky Way galaxy. It symbolises that we are the part of THAT or SUPREME GOD and we have to realise Him. The three knots in sacred thread represent the body, mind and intellect. Body is REPLICA of the UNIVERSE. One has to repeat Gayatri Mantra for 108 times and is said while taking the breath and holding, therefore one can never chant it aloud.

Why do we light a lamp?



In almost every Indian home a lamp is lit daily either near the main door of home or in pooja room or in front of deities photos. In some houses it is lit twice a day – at dawn and dusk - etc.

Light symbolizes your SOUL or (ATMA and ATOM are synonyms words it should ring a bell if you are in tune with things happening around you) or a SHIVALINGA and it gives knowledge and dispels darkness,(ignorance) Usually we can light the lamp in any room which is clean. Invariably we choose the room facing North-East direction. Comparing the entire shape of our country, southern part is smallest and as we go further the area reduces and becomes sharper, NE is extended region and North region is expanded (this is symbolic of expansion of consciousness). Therefore for our country (BHARATA VARSHA) NE is sacred as per Vastu and this varies from country to country. In

practice, one can keep the lamp in any direction in a room which is clean and neat hence sacred.

In reality, GOD is within you and GOD is the "Knowledge Principle" who is the source, the enlivener and the illuminator of all the knowledge. Hence light is worshiped as the Lord himself.

Knowledge removes ignorance just as light removes darkness. Knowledge is continuing inner wealth by which all outer achievement can be accomplished. Hence we light the lamp to bow down to the knowledge which is the greatest of all forms of wealth.

The light also propagates and builds positive energies at home. If one does 'Trataka' for 24 minutes i.e. a practice of looking at light without blinking, then one can communicate with anyone on this Earth "THROUGH THAT FLAME OR JYOTHI". Suppose that, you and ones mother are physically located in different geographical location and if one does 'Trataka', then one can communicate to your mother who is geographically in far off place.

One is supposed to light the lamp in early mornings, women in the home should take bath and light the lamp and pray to 'Tusli' plant and from this lamp she should light other lamps and then ignite the stove and then cook food. Therefore, whatever food is prepared becomes 'Naividya' for all the people who are living in the home.

Why not light a bulb or tube light? That too would get rid of darkness. But the traditional oil lamp has an additional spiritual meaning. The oil or ghee in the lamp symbolizes our *vaasanas* or negative tendencies. When lit by spiritual knowledge, the *vaasanas* get gradually reduced and the ego ultimately dies down. The flame of a lamp always burns upwards because of the fire.

During the evening, we light the lamp. This is also symbolic since Lord Agni is the power of Attorney of Lord Surya and he takes charge after sunset. In the core of the Sun, there is an Earth, there is life and several Rishis are there who are dispersing spiritual energies. In the centre of our Earth, there is fire and thus these energies attract. In the night, heat from the Earth comes out and in the daytime, the heat from the sun comes. In the evening time, one invokes Lord Agni.

Why do we have a prayer room?

Most Indian homes have a prayer room. Any room which is clean and neat can be considered as prayer room. If one wishes to have photos of deities then one can keep them, the photos or idols are not necessary. Other spiritual practices like meditation, reading of the scriptures, prayers, and devotional singing can also be done here. Each household of the family should pray in this prayer room.

Lord is the creator of entire universe. He is therefore the true owner of the house we live in. The prayer room is the Master room of the house. This room at all times should be kept clean and well-decorated. This Master (GOD) never sleeps.

Each room in a house should be dedicated to a particular function such as the drawing room to receive guests, the kitchen for cooking etc and each room should be made favourable to the purpose it serves. Similarly the prayer room is made favourable for the purpose of meditation and worship.

Positive Spiritual thoughts and sound vibrations encompass the place and will have a positive influence on the minds of those who spend time there. Even when we are exhausted or disturbed, one can rejuvenate by just sitting in the prayer room for a while and feel the calmness after a while.

One can transcend the need for prayer room by keeping the body as the temple of GOD and the SOUL as the Lord the Heart as the Sanctum, the mind as the priest and the Intellect as the scripture, this level can be reached after some years of meditation.

Why Mantras Are Repeated 108 Times

There is a deep factual scientific reason behind this. Why only 108 – is it an odd number, Why not 107 times or 109 times? How did ancient Indians arrive at this number?

One reason is that, there are 27 stars and four padas. Each one of us is either born in any one of these 27 stars in any of the four padas. We repeat the mantras for 108 times which is $27 \times 4 = 108$, so that one prays to all these 27 stars in four padas.

Another reason is that, when accurately calculated that the diameter of the sun multiplied by 108 times gives you the distance from the earth to the sun, and also, the diameter of the moon multiplied by 108 times gives you the distance from the earth to the moon.

108 is an amazing cosmic ratio of the closest two planets that effect earth and humans.

Here are the numbers:

1) Diameter of the sun = 864327 miles. (Multiplied by 108 = 93,347,351 Miles)

Distance from the sun (as the earth has an elliptical orbit) minimum 91 million miles to maximum 94.1 million miles.

2) Diameter of the moon= 2159 miles (Multiplied by 108 = 233,172 miles)

Distance of earth to moon is minimum 225,622 miles to a maximum of 252,088 miles (as the moon too has an elliptical orbit.

The ancient Indians knew about this fact since ages and one has evidence of this fact which dates back to 8000 years. Therefore, Mantras are to be repeated 108 times to ward off negative planetary influences that may influence the desired outcome of the prayers.

Why do we do namaste?

Indians greet each other with *namaste*. The two palms are placed together in front of the chest and the head is bowed at the same time one say the word *namaste*. This greeting is for all. *Namaha* can also be literally interpreted as "*na ma*" (not mine). 'Na Ma Aste' - which means 'I don't exist'. It has a spiritual significance of negating or reducing one's ego in the presence of another. What exists in us is GOD and thus acknowledges that he resides in us. When we fold our hands and do *namaste*, the thumb is pointing towards you, this is symbolic – which means that, what exists in us is GOD. Therefore, you acknowledge the presence of GOD. Also the other person does the same and acknowledges GOD. Therefore, we transact in the presence of GOD so

that our transaction is clean and pure. The life force, the divinity, the SELF or the Lord in me is the same in all. Recognizing this oneness with the meeting of the palms, we salute with head bowed in Divinity to the person we meet. That is why sometimes, we close our eyes as we do *namaste* to a revered person or the Lord – as if to look within. When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and mutual respect.

In any ‘Ashtotara slokas’, everything starts with Om and ends with Namaha. Example – Om Shivaya Namaha. It means that, when you become ‘namaha’ and ‘Shiva’ will manifest in you.

Why do we prostrate before parents and elders?

One should prostrate before their parents, elders, teachers and noble souls etc. One should do ‘Sashtanga Namaskara’(six limbs signifies six qualities of desire, anger, greed, attachment, ego, and jealousy) only to GOD, parents and guru only, and no one else by touching feet, since they are capable of taking care of your Karma and your tendencies have to be grounded to receive the grace or blessings. They in turn bless you by placing his or her hand on or over our heads.

Man stands on his feet. Touching the feet in prostration is a sign of respect for the age, dignity and divinity that our elders personify. It

symbolizes our gratitude of their selfless love for us and the sacrifices they have done for our wellbeing.

Why do we wear marks (tilak, pottu etc) on the forehead?

It is found that whatever spiritual energy that get generated in our body by one's spiritual practices, these spiritual energies dissipate through finger tips, toes and centre spot between eye brow. The entire body emanates spiritual energy in the form of electromagnetic waves – in finger tips, toes and the forehead and the subtle spot between the eyebrows especially so. That is why worry generates heat and causes a headache. Therefore, in all meditation practices, we are told to keep hands and legs crossed so that this becomes sealed and the circuit is complete and thus energies flow inside us. But the centre spot between eye brows is not sealed. Therefore, we place tilak or kumkum to seal this spot. This tilak is prepared from turmeric which has properties of positive energy and thus it seals the energy. All ladies keep tilak when they go out, this tilak deflects the 'drishti' of other people, since people have tendency to look at a lady in their own perspective. Therefore, this *tilak* will deflect their thoughts and thus they will not affect the lady. So lady keeps thin sandalwood paste and above it place turmeric (kumkum) 'tilak' so that it stays for longer duration. The tilak protects

us and prevents energy loss. Occasionally one can see persons whose entire forehead is covered with chandan or bhasma.

Using plastic reusable "sticker bindis" is not very beneficial, even though it serves the purpose of decoration. Using chemical, fancy stickers is not advised and in turn it can harm you more. Tilak is not the thing of beauty, the beauty of the lady is already there and this beauty shouldn't be misdirected or misused and therefore using 'kumkum' or 'tilak' serves a meaning full purpose, people will venerate such ladies as embodiments of the divine mother.

In the olden times, women generally never used to go out of their houses. Tulasi planted outside the home and cow dung floor served the purpose of keeping the evil eye or any negative energy at bay. Their activity was between the Tulasi and cooking stove. Tulasi is the cold fire and cooking stove is the hot fire and thus the women were protected by fire and thus no evil happens to them in the house. When they have to go outside with their husband or any family members or even alone, they used to wear 'kumkum' or 'tilak'

The tilak cover the spot between the eyebrows, which is the seat of memory and thinking. It is known as the Ajna Chakra in the language of Yoga. The tilak is applied with the prayer –Even when we temporarily forget this prayerful attitude the mark on another reminds

us of our resolve incidentally the space between the brows is called as temple.

Why do we not touch papers, books and people with the feet?

To Indians, knowledge is sacred and divine. So it must be given respect at all times. When you wash your feet, you must rub it with your hands and not leg over leg. If you take the leftover of a cat or rubbing leg over leg or take the ‘kumkum’ that somebody has thrown on the stone in the temple all these activities will carry the ‘karma’ of that person. If any one does this act, then even a very rich person can become a beggar in three months. Therefore, if you want to take ‘kumkum’, take it from the poojari’s hand or plate directly or ‘kumkum’ put on the deity. Never rub leg over leg while taking bath and never consume anything that is leftover food of cat, leftover milk offered to the cat shouldn’t be consumed. However strong the water tank is, one small hole in the tank will drain all the water in the tank. Similarly all the above activities are akin to the example of water tank.

The custom of not stepping on books is a reminder of the high significance given to knowledge in Indian culture. Since, in every atom

there is GOD (Vishnu- means ‘Vishwa dalli ondondu ondundu anu valli eruvavanu avanu-Vishnu’) which means(‘the one who is present in every atom in the world is Vishnu’.) Therefore, one shouldn’t step on the books, while one is walking one should walk gently so that the earth is not hurt and such practices are followed in Indian culture. The slippers we wear have sole and this has connection with Soul. One should wear slippers made of natural materials such as wood, fibre, coir etc so that energies are grounded. In human body, the intensity of electro-magnetic activity is very immense. The activity which goes on in the human brain per day is equivalent of one month’s New York telephone exchange activity. Such is the intensity of electro-magnetic activities in human body and thus these energies have to be grounded properly or else body gets heated up.

One is advised to wash their legs before entering home since one would have travelled to several places and collect several different kinds of energies and when one washes their legs the negative energies get grounded so that sanctity of the house is maintained.

The slippers that are used in home should not be used outside and vice-versa. Leather slipper shouldn’t be worn since it carries the agony of the animal which is killed to make leather slippers.

To touch the feet of others is considered an act of misbehaviour. Why is this so?

Man is regarded as the most beautiful, living breathing temple of the Lord! Therefore, touching with the feet is akin to disrespecting the divinity within him or her. This calls for an immediate apology, which is offered with reverence and humility.

Why do we apply the Vibhuti?

Vibhuti is ‘Vishwaha Bhu Iti’ which means the entire universe will ultimately become ash and nothing else. Vibhuti is symbolic of that. It signifies everything, since He is everything and He is the core of everything. When everything is burnt it becomes Vibhuti(in Bhagavat Geeta the chapter dealing with omnipresence of lord is called vibhuti yoga), but still it has fragrance and this fragrance signifies the smell of Atma. Until the breath is there in the human body, life exists and when this stops the ‘jeeva’ is gone and thus the body material ultimately converts into ash and the fragrance emerging from ash is the fragrance of Atma or Soul.

Bhasma (the holy ash) is the ash from the homa (sacrificial fire) where special wood along with ghee and other herbs is offered as worship to

the Lord. Or the deity is worshipped by pouring ash as abhisheka and is then distributed as bhasma.

The word bhasma means, "That by which our sins are destroyed and the Lord is remembered". **Bha** implied **bhartsanam** ("to destroy") and **sma** implies **smaranam** ("to remember"). The application of bhasma therefore signifies annihilation of the evil and commemoration of the divine.

In a Homa poorna, ahuti signifies the total surrender of the ego and egocentric desires into the flame of knowledge. The resulting ash signifies the purity of the mind, which results from such actions. The ash we apply indicates that we should burn false identification with the body and become free of the limitations of birth and death. This is not to be misconstrued as a miserable reminder of death but as a prevailing pointer towards the fact that time and tide wait for none.

Bhasma has medicinal value and is used in many ayurvedic medicines. It absorbs excess moisture from the body and prevents common colds and headaches.

Why do we fast?

Normally the fast is called 'Ekadasi' fasting. It is found that once in 30 day cycle, the body recycles its energies. When we fast on 'Ekadasi' day, all the toxins in the body are dumped from the system, one is permitted

to drink water. More and more the water you drink more you flush out the toxins. On 'Dwadashi' do 'parayana' one consumes essential food so that our immune system rejuvenates. If this is done throughout the life, it is found that a person can live for more than 120 years in Kali Yuga.

Fasting in Sanskrit is called *upavaasa*. *Upa* means "near" + *vaasa* means "to stay". *Upavaasa* therefore means staying near the Lord, meaning the attainment of close mental proximity with the Lord.

A lot of our time and energy is exhausted in procuring food items, preparing, cooking, eating and digesting food. Particular food items make our minds dull and disturbed. Hence on some particular days one is advised to eat simple, light food so that ones mind becomes alert and pure. The mind is, otherwise pre-occupied by the thought of food, now entertains noble thoughts and stays with the Lord. Since it is a SELF-imposed form of discipline, it is usually adhered to with joy.

Every system needs a break and an overhaul to work at its best. Rest and a change of diet during fasting are very good for the digestive system and the entire body.

The Bhagavad-Gita urges us to eat appropriately – neither too less nor too much – *yukta-aahaara* and to eat simple, pure and healthy food (*saatvik* diet) even when not fasting.

Why do we do pradakshina (circumambulate) ?

We cannot draw a circle without a centre point. The Lord is the centre, source and essence of our lives. Recognizing Him as the focal point in our lives, we go about doing our daily chores. This is the significance of *pradakshina*, ***also we request the lord to stop our wandering mind going round and round after material objects and thus liberate us.***

Every point on the circumference of a circle is equidistant from the centre. This means that wherever or whoever we may be, we are equally close to the Lord. His grace flows towards us without partiality.

Why is pradakshina in the temple done only in a clockwise manner?

Since all temples are facing east, *pradakshina* is taken towards South. All the temples are facing east which symbolises that all the GODs came from East or Sun (is the visible GOD) and each one of us is expected to worship Sun. When we do *pradakshina* first we must do outside the temple thrice- once for body purification, once for mind and once for intellect. Then enter sanctum and see ‘BALI PEETHA (the altar of sacrifice of our ego) where you give up your ego and then see ‘Dwajasthamba’ you rise as a ‘Dwajasthamba’, Then see ‘vahana’ –

which symbolises that you need to rise further and fly. Again do *pradakshina* thrice and then pray to GOD. After the conclusion of traditional worship (pooja), we usually do pradakshina around ourselves. In this way we recognize and keep in mind that the supreme divinity is within us, which is idolized in the form of the Lord whom we worship outside. *Pradakshina* signifies that, I have had enough of this material life and now I bow to GOD so that I attain Moksha. Then you gaze the eyes of the Lord so that all your negative energies are grounded and finally gaze the feet since the spiritual energies come from the feet of Lord and this enters your eyes and your body. Then apply Vibhuti so that this energies stay within you. Now don't look again at the eyes of Lord since your energies get grounded. Then sit in some place silently so that the energies you have received settles down, don't rush away. Positive energies, due to visit to temple last's easily for 15 days.

Why do we ring the bell in a temple?

At the time of Aarti, one is needed to focus all his attention on the GOD, thus by ringing the bell one's attention is focused to the sound produced, would be of Omkara which is the universal name of Lord, this drives away the negative thoughts if any. One can see his signature on the Omkar hill in Navidang, which is on the way to Kailas Parvat,

through Almora side, which is covered with snow and is in the form of Om. It never melts and it has been so since thousands of years.

Even while doing the ritualistic *aarati*, we ring the bell. It is occasionally accompanied by the sounds of the conch and other musical instruments. Thus this produces the sound of Omkara and thus drives away all the negative energies or any discouraging or irrelevant noises and comments that might disturb or divert the worshippers in their devotional love, concentration and inner peace. The bell is made out of ‘pancha loha’(symbolic of five senses) and this produces the sound of Omkara, so that you listen to this sound and thus stop thinking about all other things and focus your attention in the temple.

Why do we worship the kalasha ?

First of all what is a *kalasha*? A brass, mud or copper pot is filled with water. It is symbolic of your head. In ‘Satyanarayana pooja’, we keep kalasha – which is kept in a container filled with water, mango leaves are placed in the mouth of the pot and a coconut is placed over it and thread is tied around it . The coconut, you put has two eyes (for kumkum to put) and the third eye is the coconut grove. The coconut tuft represents your ego and we break this which is symbolic of breaking our ego. When you are surrendering to GOD, then there must not be any iota of ego, just open your heart to GOD.

When the pot is filled with water or rice, it is known as *purnakumbha* signifying the inert body which when filled with the divine life force and gains the power to do all the magnificent things that makes life possible.

The water in the *kalasha* symbolizes the primordial water from which the entire creation emerged. It is the giver of life to all and has the potential of creating innumerable names and forms, the inert objects and the living beings and all that is auspicious in the world from the energy behind the universe. The leaves and coconut represent creation. The waters from all the holy rivers, the knowledge of all the Vedas and the blessings of all the deities are invoked in the *kalasha* and its water is thereafter used for all the rituals, including the abhisheka.

Why do we consider lotus as special?

The lotus is symbolic of galaxy. Several Deities are seated on the petals lotus which is symbolises the galaxy. The auspicious sign of the swastika is said to have evolved from the lotus.

Lotus also is the symbol of truth, auspiciousness and beauty (*satyam, shivam, sundaram*).

The lotus grows even in slushy areas. It remains beautiful and untouched by the sluggish area or waste water and its surroundings,

reminding us that we too can and should strive to remain pure and beautiful in spite of all ugliness around us.

The lotus leaf never gets wet even though it is always in water. This signifies that lotus even though in water is not attached or affected by water beneath it and likewise a person even though living a worldly life should remain unattached and unaffected by the world of sorrow and change. One who does actions in the name of Brahman (the Supreme), abandoning attachment, is not tainted by sin, just as a lotus leaf remains unaffected by the water on it.

Lotus responds to sunlight. Therefore keep your heart open to the truth of knowledge

Our bodies have certain energy centres called as chakras. Each one is associated with lotus that has a certain number of petals. For example, a lotus with a thousand petals represents the Sahasra chakra at the top of the head, which opens when the yogi attains Godhood or Realisation. Also, the lotus posture (padmaasana) is recommended when one sits for meditation. This posture will keep the spine erect which is essential for any spiritual practice.

Why do we worship tulasi?

For Indians it is one of the most sacred plants. In fact it is known to be the only thing used in worship, which, once used, can be washed and reused in pooja - as it is regarded so SELF-purifying.

Tulasi and Ashwatha tree are the only two plants which give oxygen for 24 hours. Therefore planting *tulasi* in home will give good supply of oxygen. Other plants give CO₂ in the night and thus if one sleeps under such trees, one can experience suffocation and die due to lack of oxygen.

The *tulasi* leaf has great medicinal value and is used to cure various ailments, including the common cold.

Why do we blow the conch or Shankha?

When the conch is blown, the sound of **Om** emanates. While blowing conch, the energy is released, one has to do lot of ‘pranayama’ to blow conch since while blowing it one has to hold breath for a longer time. It drives away all negative forces in the house or noises that may disturb or upset the atmosphere or the minds of worshippers. One who blows conch will never get asthma.

As the story goes, the demon Shankhaasura defeated devas, the Devas went to the bottom of the ocean. The devas appealed to Lord Vishnu for help. He incarnated as *Matsya Avataara*- the "fish incarnation" and killed Shankhaasura. The Lord blew the conch-shaped bone of his ear and head.

All knowledge enshrined in the Vedas is an elaboration of **Om**. The conch therefore is known as *shankha* after Shanka sura. Shanka also means doubts you can blow away the doubts through breath or pranayama. The conch blown by the Lord Krishna is called *Paanchajanya* and this instilled fear in the wicked and peace in the pious simultaneously. He carries the conch at all times in one of His four hands.

It represents dharma or righteousness that is one of the four goals (*purusha arthas*) of life. The sound of the conch is thus also the victory call of good over evil.

In Ancient times, In India everyone lived in villages. Each village had several temples and Shankha was used in these temples and also in many homes. During the *aarati* or on sacred occasions, the conch used to be blown. Since villages were usually small, the sound of the conch would be heard all over the village. The conch sound served to for a

short time elevate people's minds to a prayerful mind-set even in the middle of their busy schedule.

While prayer the following sloka is said

Aagamar thanu Devanam

Gamanarth tantu Rakshashaam

kuruve ghantaravam

Tatra Devatha ahvan Lanchanum

Meaning

I ring the bell to invoke the GODs (good qualities)

And drive away the Rakshasas or demons (negative thoughts and tendencies)

And make the place conducive for divine beings

To settle down in my house

Why do we say shaanti meaning “Peace” thrice?

Shaanti, meaning "peace", is a natural state of being. ***Shaanti*** to say that “let there be peace” thrice since everyone seeks peace. First peace is for my home, second peace is for my community, society or city and third is for entire world or the other way around is also true. First ‘let there be peace in the universe’ then ‘let there be peace in every nation or city or town’ and finally ‘let there be peace in everyone’s home or family ’.

Currently our world is facing problems such as poverty, climate change, pollution, epidemic diseases, conflicts and terror and it becomes inevitable for all of us to take a joint action to take comprehensive steps to promote solutions for these problems.

These problems cut across nations, groups and it is impossible for single individual, a group, or a nation to deal with all those problems. To secure our future, all nations i.e. all individuals need to feel a sense of responsibility and find appropriate corrective measures.

Peace means completeness, wholeness, healthy and complete. True peace excludes nobody from circle of harmony and completeness.

By fostering a culture of peace through education, by promoting respect for all human rights and sustainable economic and social development, by ensuring equality between women and men and fostering democratic participation of people in electing their representatives, tolerance and solidarity among the people of this world, by supporting free flow of information and knowledge between people, one can cultivate the idea of peace

Therefore two aspects of peace- Internal and External

Peace in the mind is called internal peace. It is a state of calm mind where there are no mental disturbances. Greed, desire, hatred etc can disturb internal peace. Disruption of relationship between humans and their neighbour and between GOD and humans has destroyed peace.

There are ample examples of wars beginning in the minds of humans and leading to destruction of peace in the World. Therefore it is in the minds of humans that defences of peace must be constructed.

External Peace

Peace which is in the society and environment is called External peace. External peace is a state of cooperation, social harmony and friendly relations between humans and their fellow beings, nature.

External peace means a state of friendly relation, respect to others, equality, harmony, justice within society and environment in which we live in and also includes communal, national and world peace. Peace has no boundaries and it extends to all creations on this Earth and one has to see all creatures as if they were HIS own selves.

Internal peace is foundation of external peace. Internal peace and external peace are interrelated with each other.

Therefore, Peace abides in one, who is in harmony with the manifested creation without judging and views the world as a reflection, in the

mirror of one's own consciousness, when you look at a flower you appreciate its beauty you don't say it would been better if the flower was blue in colour, while it is white, you would rather know white as sublimation and black as culmination of all other colours and indeed we are just like flowers and Youths should serve for peace, harmony in the World.

All obstacles, problems and sorrows originate from three sources.

Aadhidaivika : The unseen divine forces over which we have little or no control like earthquakes, floods, volcanic eruptions etc.

Aadhibhautika: The known factors around us like accidents, climate change, pollution, crime etc.

Aadhyaatmika: The tendencies and the actions based on Vasanas

Hence ***shaanti*** is chanted thrice to address these three sources of obstacles.

It is chanted aloud the first time, addressing the unseen forces. It is chanted softer the second time, directed to our immediate surroundings and those around it, and softest the last time as it is addressed to oneself.

Why do we offer a coconut?

It is symbolic, to say that you are surrendering to GOD by breaking your ego. In me, you abide and I am offering you as pure SELF.

The fibre covering of the dried coconut is removed except for a tuft on the top and thus the coconut looks similar to the head of a human being. The coconut is broken, symbolising the breaking of the ego. The juice within, representing the inner tendencies (*vaasanas*) is offered along with the white kernel - the mind, to the Lord. The marks on the coconut are even thought to represent the three-eyed Lord Shiva.

The coconut also symbolises selfless service. Every part of the coconut tree -the trunk, leaves, fruit, coir etc are used in numerous ways such as thatches, mats, oil etc. It takes in even salty water from the soil and converts it into tasty nutritive water that is particularly favourable to sick people. It is used in the preparation of many ayurvedic medicines and in other alternative medicinal systems.

Why do we offer Banana to GOD?

Banana plant once cut, again grows next to it and thus the life of banana plant continues. We offer banana to GOD, to say that- we had enough of rebirths and thus pray to Lord to end this cycle of birth and death.

Why do we do Aarati ?

Aarati is performed to remove the Drishti of GOD. Aarati is often performed with camphor. The original camphor was got from Malaysia and when burnt, it doesn't give any smoke. Unlike these days; where the camphor is made from petroleum product and its by-products are harmful to atmosphere. This holds a telling spiritual importance. Camphor when lit burns itself out entirely without leaving a mark of it. It represents our intrinsic tendencies (vaasanas). When lit by the fire of knowledge which illumines the Lord (Truth), our *vaasanas* there after burn them out wholly.

As the camphor burns to reveal the glory of Lord, it emits a pleasant perfume even while it burns. In our spiritual advancement, we should willingly sacrifice ourselves, to spread the "perfume" of love to all.

At the end of the *aarati*, we place our hands above the flame, then touch our eyes and the top of the head. It means - may the light that illuminated the Lord light up my vision.

Meaning of Week

Sunday- is for Soul and you must be completely be free on Sunday.
(Deity- Surya Narayana)

Monday- is for mind, all mental activity, plan the activity for week
(Deity- Eshwara)

Tuesday- is for action and get the plan into action (Deity- Kartikeya or Durga)

Wednesday – is for intelligence. (Deity- Ganapati)

Thursday – is for responsibility. (Deity- Raghavendra)

Friday – is for luxury (Deity- Lakshmi or any Devi)

Saturday – is for Karma (Deity- Tirupati Balaji or Shaneeshwara)

The week starts with Surya- ‘atma karaka’ and end with ‘Shanee’ –‘karma karaka’. Therefore, every ‘jeeva’ has taken physical body to undergo ‘karma’. When ‘Sade Sathi’ happens your work is disturbed. Why? Lord ‘Shaneeshwara’ tells that, instead of you progressing towards the goal of realisation, you are more indulged in other works and thus ‘Sade Sathi’ is a period which put one on the path of realisation. In ‘Sade Sathi’, the ‘Kundalini Shakti’ shoots by itself. It happens once in 30 years and everyone is given a chance to come out of material activity as ‘Kundalini Shakti’ shoots up. First 2.5 years, you correct the body next 2.5 years, you correct the mind and final 2.5 years you correct the intellect i.e. 90 month program and after that if one

follows it properly then one will become free. If one is already in spiritual regime, then ‘Sade Sathi’ doesn’t affect you. Consider an example of traffic police. If one is already following the traffic rules, traffic police will not catch him .or else you are fined.

Meaning of Numbers

One is sun

Two is moon

Three is Jupiter (Thursday)

Four is Rahu is power of Attorney of Shanee

Five is Bhuda or mercury

Six is Shrukra

Seven is Ketu power of attorney of Mars

Eight is Saturn

Nine is Mars (Tuesday)

Ketu reflects Mars, Rahu reflects Saturn . These are shadow planets.

Eight and four are together. Seven and Nine act together.

Vihanga Marga

The function of the entire physical body is not known to the current scientific community. There is a gland in the naval and the scientists don't know the purpose of this gland. This gland will get activated when one reaches the 'Turya' state or 'Pari Purnatva' and people who have reached this stage will not be available for laboratory testing. The connection between that gland and 'Sahasrara' Chakra is established at that stage and thus when 'Sahasrara' Chakra gets activated this gland opens and you will attain 'Vihanga Marga' – the way of bird DIVYA HAMSA. One can fly out of the body, anywhere to 18 lokas and come back to the body. People who have reached that state on the Earth may be 3 or 4 people and they are not available for laboratory testing.

Chakras are also not physical. When one describes the Chakras in terms of glands, they are just referring to the location of the chakra with the glands. But, these Chakras are not glands, but they are manifested in 'Manonmaya Kosha'- mind. Chakras can help the gland work effectively, but Chakras themselves are not glands.

Some Ideal Principles

Purification of drinking Water

A potable, low cost and low maintenance solar disinfection unit will provide potable water. In 5 hours, this unit can eradicate 99.9% of bacteria contained in the water. We can place glass bottles, coated with black color in a rack. % on each side, the water is filled $3/4^{\text{th}}$ and oxygen is left for oxygenating. It is vigorously shaken and then completely filled with water. This rack is placed in the sunlight for 6-8 hours and thus it gets heated up and water gets purified. This is solar disinfection system has a wooden frame length of 2 feet, width 1 feet and depth 1 feet and it is provided with sinusoidal shaped bar to rotate it so that its exposure to sun is maximum. An electronic automated system can also be used to control its rotation.

Sunlight produces highly reactive forms of oxygen, O_2 free radicals and hydrogen peroxides in water. These kill the micro organisms which are harmful. This is very cost effective, costs about Rs 1000(approximately) and can be produced from locally available material. It is portable and can be placed anywhere. Larger systems can be developed as well.

Rain Water harvesting and ground water recharge

The ultimate responsibility for devising and maintaining the rain water harvesting system should be left to local communities. Government should provide basic infrastructure for building RHW systems, canals, wells, bore wells etc.

Roof top RHW systems should be made compulsory in all houses in all parts of the world. This can also recharge ground water. Every street should have dug wells of 3feet* 20 feet depth and water should be channelized in those dug tanks to recharge underground water. Each member of the society should contribute some amount plus additional government aid will be used to develop this infrastructure. Artificial ponds can also be created in every nuclear town. Experts with adequate knowledge should be identified. They should find out the slope of region and other geographical, social, cultural information and accordingly construct check dams and RHW systems to store water. All these systems are simple, traditional and don't require much technical expertise and can be developed and maintained by local community.

Generate electricity

In modern time after industrialization, development is happening by building huge factories, mining, industries which require larger amount

of electricity to power them. We have built huge dams to generate electricity. But this meets the needs of only few people (elites), about 20% of India's population. This is so called development that is happening at the cost of livelihood of tribal. Building dams, mining forests have displaced large number of tribal and they find no place to live in and they have lost their livelihood and they can't even meet their basic needs. So How to achieve sustainable development?

In SATYA YUGA, sound energy will replace all other forms of energy and solar and other renewable sources of energy will compliment sound energy.

One way to generate renewable energy for immediate transition period is through solar, Bio Gas plant, wind, geo thermal with already existing technologies until we are guided by higher master's to new technology and that shall happen only when the entire humanity is civilised.

Solar energy- presently the solar chips are costly and when more investment is made in research the cost of solar chips shall come down and thus much cheaper than other sources of energy is produced. Since it is decentralised, thus it will help reduce installation costs. This solar technology making should be decentralised and ideally every community should be able to design and make these solar chips. There

should be no monopolies in new renewable technologies and everything should be known to everyone. In the system of monopoly, I know certain things and other do not know it, and then I can charge any amount of money for that, such system will cease to exist in SATYA YUGA. When everything is available in nature, why should man hold certain things back?

Bio Gas plant - The input to this is solid waste from households, industries etc and output is manure, bio gas and electricity. How to operationalise this? Each ward/ area will have a door to door collection of daily waste. This is done by an organized group of men and women. This waste is fed into grinders of biogas plant after segregating plastics which are sent back to manufacturers. Then water is fed into grinders and fine paste is made and a system of pipes is used to move this paste to bio gas plant.

A compressor is used now to mix this paste with already formed solid paste. This then decomposes and the slurry thus formed flows to a bio gas plant container of capacity 1k to 5k tons. It would be of 12 feet deep. The floor of this has jelly stones and other bits of stones so that water from slurry flows underground. A small tank is provided to collect overflow of water above the stones so as to form manure. This

usually takes about 15-25 days. In the bio gas plant, bio gas is generated. A system of pipes is used to supply bio gas through a system of pipes which is usually connected to kitchen for cooking food. This is usually low pressure. Therefore to increase the pressure, a blower is used. Usually cooking for about 100 to 150 people can be done in 3 hours. The pipe system can be connected to generator which can be powered by electricity. This generator converts bio gas to electricity.

Court System

Each district has say 100 villages; each of 10 villages should have a panchayat court. It should be represented by qualified judges and minimum educational or any other criteria that is deemed suitable should be set. It should have a bench of equal representation of people of different sections of all 10 villages. Males and females also should be represented in proportion. Here all the concepts of class, caste, creed, sex, elites, poor should be removed.

All the cases of all 10 villages should be judged by this panchayat court. There should be maximum 3 hearings and case should be solved in maximum 30 days. The decision of the court will be final and accepted by all those who are involved in that case. There should be no further appeal in any higher courts.

All the proceedings of the panchayat courts should be recorded. Here is where we need to bring in new technologies and also the proceedings in lower court are monitored by subsequent higher courts, so that lower courts don't act in haste, act as according to their will. This proceeding in panchayat court has to be screened in the district court. Judges of the district court should be appointed as per the number of villages. The panchayat courts should be accountable to the district court and similarly this judgment should be monitored by state or high court; which basically cross verifies the authenticity of district court and Similarly Supreme court. So there is a hierarchy. In case of any conflict, the highest court overrides the decision of smaller court and decisions are final and binding on all. Supreme Court follows the constitution laid out by the people who make laws by direct democracy.

Housing system

The houses should be built in a circular manner so that no house obstructs the sunlight for each other and wind that is freely flowing. Therefore each house should be built in a circle of radius 1 km and distance between each house should be maximum of about 20 to 50 meters. The idea behind this is that each house should be built in such a manner that each person inside the house is as close to nature as possible. Roof should act as protective layer only at times of severe

weather conditions. The interior should be made from things that are available from near by places such as bamboo, twigs, wood, cow dung or material available in that particular geographical area . Steel, cement etc should not be used. One private room for each household is provided and the toilets should be built outside the house. Rest of the rooms can be open to the nature. If there is a joint family say with 5 brothers, then 5 private rooms for privacy is needed and one big kitchen, living room, dining room etc can be shared among them.

What happens if people get drenched in rain?

To answer this question, I ask another question. Why do birds and animals don't suffer from diseases when they get wet in rain?

People should enjoy rains. It is the negative energy that is inbuilt in us which attracts the bacteria's in the air. Air has all kinds of bacteria. Why doesn't it affect all humans, but rather it affects only few. Reason: Consider clouds. A few small clouds collect together and form larger clouds. This is compared to a few negative things adding up to form a greater negative thing. Now even if a small cloud can pass through this large cloud. It is not affected. Comparison: A positive human being is largely unaffected by this greater negative things (energy). To conclude it is not always necessary to have complete house covered with roof,

but for severe conditions we do need some shelter. So design houses that are very close to the nature.

Way of life in Satya Yuga

Live in tune with nature and allow God, in the form of nature to lead your life. Every aspect of nature has a counterpart in you, allow that to resonate, you will see that there will be perfect harmony with all life forms of life and you will see that nature will reflect your tune. There will be a perfect symphony and life will be full of celebrations, peace, prosperity and plenty for all, everyone will blissfully exist and be bussy.

This book will trigger questions in the minds of the readers and they can be sent to the e-mail id given. It will be answered on every Sunday. No personal questions and dates about the events to come.

With Blessings from

Vishwamitra Maharishi

Glossary of Indian terms

Chatur Yugas- Cosmic time divided into four segments.

Shravana Nakshatra – constellation corresponding to feet of Lord Maha Vishnu, the preserver

Pradakshina- circambulation

Nirvikalpa Samadhi- thoughtless state of mind

Guru- Preceptor

Patni- wife

Loka Janani- mother of the world

Triloka Janani- mother of all the three worlds- Divine world, material world and Nether world

Vishwa Janani- mother of the universe

Dana- giving charity with the spirit of surrender

Kayakalpa treatment- rejuvenation of physical body

Sanyasi- One who has no material attachments

Kailash- A sacred mountain in the Himalayas- Abode of Lord Shiva, the transformer and one of the trinity.

Amsha- a portion of the divinity

Tapasvini- one who has done intense penance

Karunamayi- the compassionate

Siddhas- spiritual masters who have attained meta-physical powers to be used for the welfare of the society

Bhajans- A rendering of divine songs

Vigraha- idol

Dhrama- righteousness

Sadhana- A consistent practice

Sandhi Kala- transition period

Nama smarane- repetition of name of GOD

Lokas – Worlds

Koshas- sheaths

Prakruti- Nature

Vahana- vehicle

Satsanga- Company of truth

Bhramacharya- Celibacy

Puranas- mythology, recorded history

Vasanas- tendencies

Chaitanya- effulgence

Pragya- consciousness

moksha – enlightenment

durva grass- a kind of grass

Ekadashi- 11th day after full moon or new moon

Pradosha- 13th day after full moon or new moon

Ayush- life span

Bindu- pivot

An Appeal

The Reader of this book are here by requested to send their email ids to the email-id of Hamsa International-

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We will send newsletters every month through email answering questions and give further information from the Realms of the Rishis to humanity. Those of who wish to contribute to the cause of the trust may do so by remitting to the bank account given below or post checks or DD in favour of “***Hamsa International***” to the address given below

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